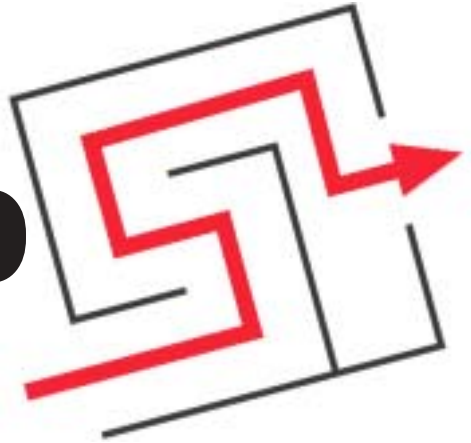


# What Do I Do Now?



## *A RESOURCE GUIDE for Caregivers of Elders in Brooklyn*

### ANSWERS

to common questions for wives, husbands, siblings, adult children, grandchildren, friends, and neighbors

### TIPS & GUIDANCE

through all the stages of long-term care with an emphasis on keeping people independent as long as possible

### LISTINGS

with contact numbers of organizations, facilities, and resources

WITH INTRODUCTIONS FROM

Marty Markowitz, Brooklyn Borough President

Jane Brody, Personal Health Columnist, New York Times



# *What Do I Do Now?*

*A Resource Guide for Caregivers of Elders in Brooklyn*

Published August 2003 by

Park Slope Geriatric Day Center (PSGDC)

199 14th Street, Brooklyn, NY 11215

(718) 499-7701, Fax: (718) 768-2119

www.psgdc.org

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*We have done our best to check the details of each listing. We apologize for any inconvenience in contacting a particular service.*

*BCRC members and the publishers do not and cannot endorse any particular agency or guarantee the services of the groups listed here.*



Dear Caregiver:

Brooklyn has the largest population of seniors in the city, including the largest number of frail elderly over the age of 85. Family members are the primary long-term care providers for these older adults. With their assistance, Brooklyn's frail elders remain in their homes and the communities they love. As an informal family caregiver who is responsible for making this happen, you deserve more than our respect and gratitude; you deserve all the help and support we can give you.

The Brooklyn Caregivers Resource Committee developed this Brooklyn Caregivers Resource Guide. The committee, composed of elder care professionals, met monthly for one and a half years to compile this important information about community services. The result of their hard work is in these pages. They contain a wealth of information about how to access adult day services, in-home services, caregiver support programs, and other resources for you and your loved one.

Caring for or providing assistance to an aging parent, friend, or relative can be exhausting and put your own physical and mental health at risk. I urge you to seek support. Enlist the help of others, including family, friends, relatives, other caregivers, healthcare workers, and the community services listed in this resource guide. Meanwhile, let us continue to advocate for much-needed improvements to Medicare that will expand long-term care services and a broad range of community-based programs.

You deserve all the practical help that we can provide. In addition to the valuable information in this resource guide, please contact my Constituent Service Center at (718) 802-3777 for a broad range of information and assistance with city services. Let us share in the caring.

Thank you for all that you do.

Regards,

Marty Markowitz  
Brooklyn Borough President

# Introduction by Jane Brody

**L**ife is tough enough when loved ones – relatives or close friends – become seriously ill and are unable to care for themselves without full-time help. Frantic searches for assistance should not make it tougher.

Given the circumstances and economics of the day, more often than not the people closest to those who become ill or incapacitated are destined to become their long-term or permanent caregivers. No one doubts that these caregivers have a serious burden to bear, made all the harder when they are unaware of the services available to help the helper or, if they believe services exist, they do not know how to find them.

Enter the Brooklyn Caregivers Resource Guide, “What Do I Do Now?” It spans the gamut of questions likely to be raised by a caregiver – from how to get a correct diagnosis for a person who seems depressed or unusually forgetful to arranging for hospice care when family and friends can no longer care for someone who is terminally ill.

Nor does the Guide neglect the personal needs of the caregiver, who, almost by definition, is subject to stresses that would be hard to imagine even for the parent of newborn triplets. How does one get a break when the person you are caring for needs attention 24/7? What happens if the potential caregiver has to go to work? How does the caregiver meet his or her own needs – for companionship, exercise, a change of pace, soul-restoring moments alone?

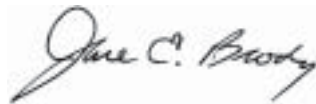
As a health advocate whose mission is making the most of every day one has on this planet, I must add to the advice herein by emphasizing the critical need for caregivers to take good care of themselves lest they burn out and become useless to those they are caring for. For example, studies conducted by the National Institute on Aging have demonstrated that older women serving as caregivers slept better and responded better to stressful circumstances if they participated in a moderate exercise program. Four times a week, the women in the exercise group did 30 or 40 minutes of aerobic exercise, such as brisk walking, at home.

Maintaining good eating habits is also critical to preserving the health and stamina of the caregiver. Don't forget: you're useless to the person you are caring for if you yourself fall ill or become too exhausted to cope with the unending demands of caregiving. This means having regular meals rich in lean protein, whole grains, and fruits and vegetables and limiting snacks that are loaded with sugar and refined starches. This kind of menu – not caffeine – is the secret to long-lasting stamina.

Keep in mind, too, that you may not be able to do everything yourself. Accept help when it is offered and take advantage of community resources, many of which are described in this wonderful guide. Set priorities. Don't expect to be able to accomplish everything you were able to do before becoming a caregiver.

Finally, preserving the mental health of the caregiver is vital to meeting the demands of this often daunting task. Join a support group, where you can get helpful tips from others in similar situations as well as moral support. Maintain social contacts, perhaps by arranging for a friend, relative, neighbor, volunteer, or paid home health aide to take over for a hour or two so you can get out with friends for awhile.

For those who cannot leave home for more than a few moments, try to arrange restorative activities with friends or family members, within the home – such as a weekly bridge game, musical ensemble, or a knitting, quilting, or book group – rather than vegetating in front of the television set. Perhaps the person being cared for can participate in some of these activities, which would enhance that person's quality of life as well.

A handwritten signature in cursive script that reads "Jane E. Brody". The ink is dark and the signature is fluid and personal.

Jane E. Brody

*Jane Brody is a resident of Park Slope. In 1965 she joined the staff of The New York Times. Her widely read "Personal Health" column appears every Tuesday in the "Science Times" section and in more than 100 other newspapers around the country. She is also the author of ten books including the best-sellers Jane Brody's Nutrition Book and Jane Brody's Good Food Book.*

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# How To Use This Guide



Caring for an older relative or friend can be made easier by knowing what services are available to help. Too often, though, negotiating the maze of services can be very frustrating.

The Brooklyn Caregivers Resource Committee (BCRC) has designed this Resource Guide in a way that we hope makes it easier for you to find the services you need.

We have headed each section with questions that are common to caregivers, followed by a brief description of the type of services in that category. Then we list relevant organizations, with as much contact information as possible: phone numbers, emails, or websites.

If you are a computer user, you will find the internet a tremendous resource for assistance. Don't have a computer? Use one at your nearest public library. There are also internet cafes and computer centers that charge by the hour. The Resource Library at the Family Resource and Adult Day Services Center at 1 Prospect Park West has a computer and other printed resources available to caregivers. Contact them to confirm a time to visit: (718) 230-1108.

Once you get started, the doors begin to open. There are all types of private and public, nonprofit and for-profit agencies throughout Brooklyn (plus the five boroughs and nationally) that can be of help.

We encourage you to be an educated consumer. *The Brooklyn Caregivers Resource Committee and the publishers of this guide do not and cannot endorse any particular agency or guarantee the services of the groups listed here.*

When you seek services, be sure to:

- Shop around as widely as possible.

more→

- Ask about accreditation and licensing of agencies or individuals who work as consultants.
- Be clear about who pays for the services. Will you pay out of your own funds or will Medicare/Medicaid or insurance cover it?
- Fill out the checklist on page 83 of this booklet before you make any calls, so that the information is at your fingertips.

Finally, let us know what you think of this Guide. Is the information here helpful? Is it presented in a helpful format? What can we do to improve this Guide when we publish it again? You will find an evaluation form at the back of this booklet. Please fill it out and send it in so that we can continue to improve this Guide and make it useful to all caregivers. It may also be completed online.

This information is also available on the BCRC website, along with updates and special events. You may contact us through the website, [www.psgdc.org/guide.htm](http://www.psgdc.org/guide.htm), or in care of Park Slope Geriatric Day Center, (718) 499-7701, [caregiver@psgdc.org](mailto:caregiver@psgdc.org).

Remember: Toll-free numbers begin with 800, 877, and 888. Dial 1 first. You will not pay for the call.

*We have done our best to check the details of each listing, and apologize for any inconvenience in contacting a particular service. In addition, the publishers do not and cannot endorse any particular agency or guarantee the services of the groups listed here. We encourage you to shop around as much as possible.*

# “I need help caring for my father. How do I begin to find services?”

There are several Department for the Aging (DFTA) contracted agencies that manage innovative caregiver programs in each borough. These programs are designed to address the needs of caregivers through direct service provision and extensive community partnerships. The agencies are committed to assisting caregivers and their care recipients through creative and flexible approaches to service access and delivery. Services include but are not limited to: information and referral, counseling, support groups, training and education, and respite.

The list below shows the DFTA contracted agencies and the Community Districts (CD's) that each one serves. If you do not see a listing in your area, contact: NYC Department for the Aging, 2 Lafayette St., 6th Fl., NY, NY 10007, (212) 442-1000, [www.nyc.gov/aging](http://www.nyc.gov/aging), TTY (212) 442-3078.

## **BROOKLYN**

### **Institute for the Puerto Rican/ and Hispanic Elderly, Inc., Brooklyn Caregivers' Services Program**

1368 Fulton Street  
New York, NY 11216  
(212) 677-4181

Fax: (212) 777-5106  
[info.iprhe@verizon.net](mailto:info.iprhe@verizon.net)  
CD's 1,3,4,5,8,16

### **Jewish Association for Services for the Aged (JASA)**

2942 West 5th Street  
Brooklyn, NY 11224  
(718) 946-7973

Fax: (718) 946-7976  
[www.jasa.org](http://www.jasa.org)  
CD's 9, 13-15, 17 & 18

### **Park Slope Geriatric Day Center, Family Caregiver Project**

199 14th Street  
Brooklyn, NY 11215  
(718) 499-7701

Fax: (718) 768-2119  
[caregiver@psgdc.org](mailto:caregiver@psgdc.org)  
[www.psgdc.org](http://www.psgdc.org)  
CD's 2, 6, 7 & 10-12

*more* →

## **BRONX**

**Jewish Association for Services for the Aged (JASA), Caregiver Respite Program**  
1 Fordham Plaza, #232  
Bronx, NY 10458  
(718) 365-4044  
Fax: (718) 563-0715  
*CD's 1-6 & 8*

**Presbyterian Senior Services, Caregiver Support Program**  
Andrew Jackson Senior Center  
325 East 156 Street  
Bronx, NY 10451  
(718) 585-1640  
*CD's 1-6 & 9*

## **MANHATTAN**

**Jewish Association for Services for the Aged (JASA)**  
132 W. 31st Street, 15th Fl.  
New York, NY 10001  
(212) 273-5270  
Fax: (718) 230-7522  
*CD's 7, 8, 10-12*

**Mt. Sinai Medical Center, Caregivers and Professionals Partnership**  
Box 1252  
1 Gustave Levy Place  
New York, NY 10029  
(212) 241-2277  
Fax: (212) 410-5918  
[www.mssm.edu/capp](http://www.mssm.edu/capp)  
*CD's 7 & 9-12*

## **QUEENS**

**Northern Queens Health Coalition**  
39-01 Main Street, #611  
Flushing, NY 11354  
(718) 661-9313 or 9315  
Fax: (718) 661-9319  
*CD's 6-9 & 11*

**Services Now for Adult Persons (SNAP)**  
Building #4, CBU #29  
80-45 Winchester Boulevard  
Queens Village, NY 11427  
(718) 454-2100  
Fax: (718) 740-4999  
[snapqueens@aol.com](mailto:snapqueens@aol.com)  
*CD's 10 & 12-14*

**Sunnyside Community Services**  
43-31 39th Street  
Sunnyside, NY 11104  
(718) 784-6173  
Fax: (718) 784-7266  
[www.scsny.org](http://www.scsny.org)  
*CD's 1-5*

## **STATEN ISLAND**

**Jewish Community Center of Staten Island**  
1297 Arthur Kill Road  
Staten Island, NY 10312  
(718) 356-8113  
Fax: (718) 356-8536  
*CD's 1-3*

# **“It’s really hard to tell if my parents can take care of themselves.”**

In order to know what services might be appropriate, it is important to understand exactly what “not doing well” means. Do they just need help with certain tasks, like house cleaning, or would a day program be appropriate for one spouse so that the other can have some time to relax?

Contacting an agency with case managers or a geriatric care manager may be the best step. Case managers are professionals who are trained to assess, plan, coordinate, monitor, and provide services for the elderly and their families. Case managers may work for a community agency offering services free of charge or on a sliding scale or have a private practice and charge a fee for their service (Geriatric Care Managers, next section).

Advocating for older adults is a case manager’s primary function. The services they provide may include: assessment; arrangements for home care; arranging meals on wheels; care management and long-term monitoring; screenings for nursing home placement; counseling; consultation; placement; information referral; crisis intervention; access to entitlements and services; financial management; psychotherapy, including family therapy; and arrangements of services nationwide.

A case manager may be especially helpful for those who live at a distance from the caregiving situation.

Every neighborhood in Brooklyn is served by a government-funded community-based agency offering case management services free of charge to elders living in that community. The nature and scope of the case management services vary from agency to agency and in some communities there are waiting lists.

The publicly funded case management agencies serving Brooklyn are listed on the following page.

*more*→

## **Case Management** (PUBLICLY FUNDED)

### **Bay Ridge Center for Older Adults**

411 Ovington Avenue  
Brooklyn, NY 11209  
(718) 748-0873  
Fax: (718) 680-5143  
www.bayridgecenter.org  
Community Board: 10  
Covering zipcodes: 11209,  
Parts of 11219, 11220,  
11228

### **BFFY (Builders for Family and Youth) Sheepshead Bay Services for the Elderly**

1215 Avenue O  
Brooklyn, NY 11230  
(718) 375-3377  
Community Board: 15  
Zip codes: Part of 11223,  
11229, Part of 11235

### **BFFY (Builders for Family and Youth) Bensonhurst Senior Assistance Center**

1867 Bath Avenue  
Brooklyn, NY 11214  
(718) 236-3205  
Community Board: 11  
Zipcodes: Part of 11204,  
11214, Part s of 11223,  
11228

### **Heights and Hill Community Council**

160 Montague Street  
Brooklyn, NY 11201  
(718) 596-8789  
Community Board:  
Western Part of 2,  
(Brooklyn Heights,  
Boerum Hill), Northern  
Part of 6, (Cobble Hill)  
Zipcodes: Parts of 11201,  
11231, 11217

### **JASA Brooklyn Central/ Shorefront**

132 West 31st Street  
New York, NY 10001  
(212) 273-5272  
Community Board: 12, 13,  
& 14  
Zipcodes: Parts of 11204,  
11206, 11210, 11211,  
11214, 11219, 11222,  
11224, 11230, 11235

### **JASA Storefront Services**

161 Corbin Place  
Brooklyn, NY 11235  
(718) 648-2567  
Community Board: 14  
Zipcodes: Part of 11210,  
Part of 11226, Part of  
11230

*more* →

**Concord Case Management**  
1958 Fulton Street  
Brooklyn, NY 11233-3104  
(718) 363-9833

Community Boards:  
Eastern part of 2,  
3,5,8,9,16,17, Starret City  
Zipcodes: Part of 11201,  
11203, 11205, Part of  
11207, 11208, Part of  
11210, Part of 11212,  
11213, 11216, Part of  
11217, Part of 11219, Part  
of 11221, 11225, Part of  
11226, 11233, Part of  
11236, 11238

**Prospect Hill Senior Services  
Center**

283 Prospect Avenue  
Brooklyn, NY 11215  
(718) 499-9574  
Community Boards: 6 & 7  
Zipcodes: 11215, Part of  
11217, Part of 11218, Part  
of 11220, 11231, 11232

**Ridgewood Bushwick  
Senior Center**

319 Stanhope Street  
Brooklyn, NY 11237  
(718) 366-3038  
www.rbscc.org  
Community Board: 4  
Zipcodes: Parts of 11207,  
11221, 11237

**Selfhelp Community  
Services, Inc. (Kensington  
Office)**

419 Church Avenue  
Brooklyn, NY 11218  
(718) 633-1300  
Community Boards:  
7,12,14  
Zipcode: 11218

**Southside Care Management**

280 Marcy Avenue, 2nd  
Floor  
Brooklyn, NY 11211  
(718) 782-8181  
Community Board: 1  
Zipcodes: Part of 11206,  
11211, Part of 11221,  
11222

**Special Services for Senior  
Citizens**

715 East 100th Street  
Brooklyn, NY 11236  
(718) 257-1600  
Community Board: 18  
Zipcodes: 11234, Part of  
11236

*Chinese-Americans may  
also find helpful referrals  
from:*

**Brooklyn Chinese-American  
Association**

5002 8th Avenue  
Brooklyn, NY 11220  
(718) 436-6702  
Fax: (718) 438-8303

*more*→

# Geriatric Care Managers

(PRIVATE CASE MANAGEMENT)

A geriatric care manager is a professional who specializes in assisting older people and their families in meeting their long-term care needs. GCM's have training in gerontology, social work, nursing, or counseling. They work privately and charge a fee for services, but you may want to investigate the costs because you may be able to avoid waiting lists at the public agencies.

Caregivers who live some distance from their loved one may find the private GCM services particularly useful. GCM's have the flexibility to meet with individuals and family members on evenings and weekends as needed. They will personally visit programs or facilities that might be used by the elder. They screen, arrange, and monitor in-home help or other services, and act as a liaison to families, alerting them to any problems. GCM's will assist with moving an older person to or from a retirement complex, care home, or nursing home, and some GCM's also provide family or individual therapy, money management, and conservatorship or guardianship assistance.

Geriatric Care Managers are hired privately; they strive to reduce inappropriate institutional care, overuse of services, prevent costly crises, and help contain costs.

When seeking a GCM, you should ask about their professional credentials and licensing, how long they have worked as a GCM, if they are available for emergencies, and if their company also provides home care services. Ask about fees, for references, and how the GCM will communicate with you.

On the next page is a list of some of the agencies and individuals that offer private Geriatric Care Managers for Brooklyn.

*more*→

**Geriatric Care Services**  
230 Jay Street, Suite 11J  
Brooklyn, NY 11201  
(718) 852-5916  
Fax: (718) 852-5916

**Eldercare Advocates, Inc.**  
1309 Avenue I  
Brooklyn, NY 11230  
(718) 252-2580  
Fax: (718) 338-9636  
elderadvoc@aol.com  
www.agingstrategies.com

**Eldercare New York, Inc.**  
453 3rd Street, Suite 2R  
Brooklyn, NY 11215  
(718) 499-5306  
Fax: (718) 499-5307  
sschwartzman@eldercareny.com  
www.eldercareny.com

**Geriatric Care Management**  
601 7th Street  
Brooklyn, NY 11215-3708  
(718) 965-3465  
Fax: (718) 788-5212  
msomers601@aol.com  
www.marionsomers.com

**Hearthside Elder Care, Inc.**  
466 16th Street  
Brooklyn, NY 11215  
(718) 832-3739  
Fax: (718) 832-3739  
eldercare@nyc.rr.com  
home.nyc.rr.com/eldercare

**Geriatric Resource  
Consultants**  
809 Kings Highway, #7  
Brooklyn, NY 11223  
(718) 998-9708  
Fax: (718) 998-9709  
geriatriccareny@aol.com

**Linda Harris-Sicular**  
125 Oxford Street  
Brooklyn, NY 11235  
(718) 769-3326  
Fax: (508) 448-0490  
LHS@ix.netcom.com

In addition, the National Association of Professional Geriatric Care Managers has adopted standards of practice for all its members. To obtain a directory contact:

**Greater New York Chapter of the National Association  
of Professional Geriatric Care Managers**  
(212) 222-9163  
www.nygcm.org

# “My neighbor takes care of herself, but I think she’s bored.”

There are Senior Centers—many with transportation and meals— for people at all levels of ability. For people who are in good physical health but isolated, there are recreational programs throughout Brooklyn that can reengage them in their community. Many centers offer bus trips, outings, etc.—things that a person might not want to do alone anymore, but can participate in a group with more enjoyment. Many centers are associated with agencies that offer multiple services and can help older persons with many issues, such as housing problems, entitlements, safety, and shopping assistance, or they will make referrals to helpful neighborhood agencies.

Encourage isolated seniors to try a center out for a day or two as a way to find the one that’s right for them.

There are senior centers throughout Brooklyn—too many to list here—but there are many ways to find one.

- Look in your telephone book Yellow Pages under “Senior Citizen Service Organizations.”

- Ask friends, neighbors, or religious leaders if they know a center near you.

- The New York City Department for the Aging helps to fund many programs and keeps a complete list of associated centers. Call them and ask for a center near you: **(212) 442-1000** or see their website at **[www.nyc.gov/aging](http://www.nyc.gov/aging)**.

- United Way of New York City has an online directory, United Way CARES at **[www.unitedwaynyc.org](http://www.unitedwaynyc.org)**. Click on “Finding Help,” and you can search for senior centers and many other services.

- The Council on Senior Centers and Services lists many Senior Centers by borough on their website if you click on “Congregate Meals”: **<http://cscs-ny.org/welcome.html>**.

# “Dad has trouble getting around, especially to his medical appointments.”

An older person who needs help getting around should not feel trapped at home. New York City benefits from a variety of transportation services. There are many low cost or no cost options, and there are many services with escorts to help individuals out the door, onto the van, and then to their destination. Most of these services require advance registration. If you sign up now, the service will be available when needed for medical appointments, shopping, or transport to a senior center and back.

Medicaid will pay for transportation (ambulette) to and from medical appointments if the doctor or medical facility has ordered the service. Be sure to ask about this, and ask the doctor or office staff to fill out the form to request the service. If enrolled in a Medicare HMO, check if ambulette transportation is part of the benefits package.

We have listed some of the providers here—most of them serve the neighborhoods they are in or those nearby. The Department for the Aging (see contact information page 11) keeps a complete listing of transportation services available also.

**Access-A-Ride, New York City Transit, Paratransit Division**  
2 Broadway, 11th Floor  
New York, NY 10004  
(877) 337-2017 or (646) 252-5252  
TTY: (646) 252-5287  
<http://www.mta.nyc.ny.us:/nyct/paratran/guide.htm>

*Access-A-Ride costs the same as a subway or bus ride. It is for persons who cannot walk to a subway or bus stop. You must apply in advance to use Access-A-Ride. Ask for an application. After you are approved, when you need a ride you must set up the time in advance. The wait time can be unpredictable, so this service may not be for everyone.*

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**Bay Ridge Center for  
Older Adults**

411 Ovington Avenue  
Brooklyn, NY 11209  
(718) 748-0873  
www.bayridgecenter.org

**Bay Ridge on the Move**

Lutheran Medical Center  
Services for Older Adults  
150 55th Street  
Brooklyn, NY 11220  
(718) 630-7588

**Bergen Beach Services for  
Seniors**

Bergen Avenue &  
Avenue W, PO Box 340-  
167, Ryder Station  
Brooklyn, NY 11234  
(718) 531-6600

**BFFY The Bay Senior Center**

3543 Nostrand Avenue  
Brooklyn, NY 11229  
(718) 648-2053

**BFFY—St. Charles Jubilee**

55 Pierrepont Street  
Brooklyn, NY 11201  
(718) 855-0326  
Fax: (718) 852-5415

**Boro Park YM-YWHA  
Senior Center**

4912 14th Avenue  
Brooklyn, NY 11219  
(718) 435-3804

**Bridge Street Senior Citizens  
Program**

277 Stuyvesant Avenue  
Brooklyn, NY 11221  
(718) 452-3426

**Crown Heights Senior  
Services**

230 Kingston Avenue  
Brooklyn, NY 11213  
(718) 493-1104

**Daytop C.A.R.E.S.**

401 State Street  
Brooklyn, NY 11217  
(718) 625-1388, ext. 212

**Decatur Senior Action Center**

1588 Schenectady Avenue  
Brooklyn, NY 11234  
(718) 758-2360

**Ft. Greene Transportation and  
Nutrition Services**

966 Fulton Street  
Brooklyn, NY 11238  
(718) 638-6910

**Heights and Hill Community  
Council**

160 Montague Street  
Brooklyn, NY 11201  
(718) 596-8789

**JASA East Flatbush Senior  
Center**

650 Remsen Avenue  
Brooklyn, NY 11236  
(718) 345-0222

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**Millennium Senior Services**  
Bergen Avenue and  
Avenue W, PO Box 340-  
265, Ryder Station  
Brooklyn, NY 11234  
(718) 444-0101

**Park Slope Geriatric  
Day Center**  
199 14th Street  
Brooklyn, NY 11215  
(718) 499-7701  
Fax: (718) 768-2119  
www.psgdc.org

**Penn Wortman Senior Center**  
895 Pennsylvania Avenue  
Brooklyn, NY 11207  
(718) 649-8654

**Project Relief Transportation  
Program**  
3001 West 37th Street  
Brooklyn, NY 11224  
(718) 449-5000

**Prospect Hill Senior Services  
Center**  
283 Prospect Avenue  
Brooklyn, NY 11215  
(718) 499-9574

**Ridgewood Bushwick Senior  
Center**  
319 Stanhope Street  
Brooklyn, NY 11237  
(718) 366-3038  
www.rbscc.org

**Volunteer Ambulette  
Transport**  
841 63rd Street  
Brooklyn, NY 11220  
(718) 871-7695

**Wayside Tompkins Park  
Senior Center**  
550 Greene Avenue  
Brooklyn, NY 11216  
(718) 638-3000

**Young Israel of Midwood  
Senior Center**  
1694 Ocean Avenue  
Brooklyn, NY 11230  
(718) 253-7800

# “My sister lives alone. What will happen in an emergency?”

Caregivers will want to be sure that their loved ones have an emergency plan or medical alert system in place, especially if they are alone for any length of time. One step might be to order a medical alert bracelet if your loved one suffers from a particular disease. For persons with Alzheimer’s disease or other forms of dementia who may wander, the Alzheimer’s Association’s Safe Return program provides a safety net. If you travel, carry a recent photo of the person with Alzheimer’s for whom you care.

Fear that someone may fall at home and not be able to reach the telephone has prompted many to purchase a personal response system (PERS). With the push of a button the provider will help you contact the proper authorities 24 hours a day. Prices can range from \$200 to \$1,500 to purchase, and you will also have to pay an installation fee and a monthly monitoring fee that may cost between \$10 to \$30. Some hospitals and service agencies subsidize fees for low-income families.

If you are thinking of buying a PERS system, take into consideration the following suggestions:

- Check out several systems before making a decision.
- Find out if you can use the system with other response centers. For example, can you use the same system if you move?
- Ask about the pricing, features, and servicing of each system and compare costs.
- Make sure the system is easy to use. Will it work for a person with dementia or will false alarms become a problem?
- Test the system. Make sure it works from every point in and around your home. Make sure nothing interferes with transmissions.

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- Read the agreement carefully before signing.
- Ask whether the monitoring center is available 24 hours a day, 7 days a week.
- Know what the average response time is.
- Ask what kind of training the center staff receive.

*These tips come from the American Association of Retired Persons (AARP) and the Federal Trade Commission. To view the full article see: [www.ftc.gov/bcp/online/pubs/services/pers.htm](http://www.ftc.gov/bcp/online/pubs/services/pers.htm). Search the AARP website to find the latest on purchasing PERS: [www.aarp.com](http://www.aarp.com) or call 1-800-424-3410.*

### Information /Nonprofit Services

**Medic Alert Foundation**  
 2323 Colorado Avenue  
 Turlock, CA 95382  
 (888) 633-4298  
 (209) 668-3333  
[www.medicalert.org](http://www.medicalert.org)

**Safe Return**  
 Alzheimer's Association  
 (888) 572-8566  
 (888) 500-5759 (TDD)  
[www.alz.org](http://www.alz.org)  
*A safety system for persons with Alzheimer's or dementia who wander.*

### Private Companies

**American Medical Alert Corporation**  
 (800) 645-3244  
[www.amacalert.com](http://www.amacalert.com)

**American Senior Safety Agency**  
 4712 Admiralty Way #229  
 Marina del Rey, CA 90292  
 (888) 473-2800  
[www.seniorsafety.com](http://www.seniorsafety.com)

**Life Alert**  
 (800) 815-5922  
[www.lifealert.com](http://www.lifealert.com)

**Lifefone**  
 (800) 882-2280  
[www.lifefone.com](http://www.lifefone.com)

**Lifeline**  
 111 Lawrence Street  
 Framingham, MA 01702  
 (800) 543-3546  
[www.lifelinesys.com](http://www.lifelinesys.com)

**Response Link**  
 9555 Seminole Boulevard  
 Seminole, FL 33772  
 (800) 894-1428  
[www.responselink.com](http://www.responselink.com)

**Dynamic Living**  
 428 Hayden Station Road  
 Windsor, CT 06095-1302  
 (888) 940-0605  
[www.dynamic-living.com](http://www.dynamic-living.com)  
*Carries two systems: The Companion and In-Touch*

# “Our parents’ health insurance doesn’t seem to cover much.”

The New York State Health Insurance Information, Counseling and Assistance Program (HIICAP) provides free, confidential, accurate, and unbiased health insurance information, counseling, and assistance. Trained volunteer counselors and staff explain the coverage, costs, and options of Medicare, managed care, Medigap insurance, and long-term care insurance.

HIICAP is a program of the **New York State Office for the Aging**, <http://aging.state.ny.us/>. HIICAP educates and empowers Medicare beneficiaries and their families to choose and use their health insurance wisely and assists them when necessary.

HIICAP helps in person or by telephone through a statewide system of trained peer counselors and staff in local offices for the aging. The organization has at least 30 sites located in all the different boroughs of the city available for you to make an appointment and bring your questions or insurance paperwork to the counseling site nearest you.

## **Toll Free Help**

Health Insurance Information, Counseling and Assistance Program (HIICAP)

Hotline: (800) 333-4114

or, in New York City: (212) 869-3850

## **In-Person Help**

Contact your local office for the aging

(212) 333-5511

<http://aging.state.ny.us/findhelp/lofa.htm>

# “What financial benefits might my spouse be eligible for?”

The best resource for you to begin to answer this question is to get hold of a copy of the following free booklet:

## ***How to Get Them***

*A Benefit Guide for Older New Yorkers*

Published by the New York City

Department for the Aging

Call for a copy: (212) 442-1000

[www.nyc.gov/aging](http://www.nyc.gov/aging)

This booklet gives a basic write-up on many things including: Social Security, Medicare, Medicaid, medication insurance, food stamps, rent increase exemptions, energy assistance, school tax relief, and reduced transport fares.

If you are a computer user, another excellent way to learn about benefits is to use one of the online questionnaires to help find benefits programs for people ages 55 and over that may pay for some of the costs. Fill out a simple questionnaire online at one of these sites:

### **Benefit QuickCheck**

New York City Department for the Aging

[www.nyc.gov/html/dfta/html/bqc\\_jump.html](http://www.nyc.gov/html/dfta/html/bqc_jump.html)

### **Benefits CheckUp**

National Council on the Aging

[www.benefitscheckup.org/](http://www.benefitscheckup.org/)

### **Access to Benefits**

Council of Senior Centers & Services of New York City

[www.cscs-ny.org/accessbenefits.html](http://www.cscs-ny.org/accessbenefits.html)

You may also choose to call one of the case managers or geriatric care managers listed on pages 12-16 of this booklet. They will be able to provide you with the information needed or refer you to someone who can help.

# **“My brother is a veteran. Which services is he eligible for?”**

There are various service-connected and non-service connected benefits for honorably discharged veterans. Those who suffered injuries or diseases during their time in the military may receive Veterans’ Administration (VA) compensation/pension, vocational rehabilitation, and VA life insurance program. There are also benefits for the eligible surviving spouse, parents, and children of the veteran, such as Dependency & Indemnity Compensation and Spina Bifida Allowance.

Other benefits include non-service connected disability pension, VA burial allowance, and VA guaranteed loans. There are health insurance benefits and medical centers for health care. Benefits are determined by income, number of dependents/children, severity of disability, and whether it’s service related, etc. Caregivers should not overlook checking on possible veterans’ benefits as they are looking for services.

The federal Department of Veterans Affairs (VA) website describes benefits, giving answers to common questions, locations for nearby offices and facilities, and online applications for benefits. Sometimes it is difficult to deal with a huge bureaucracy, and if you are having trouble getting clear answers from the VA, try contacting a local veterans’ association to see if they can help.

Eldercare attorneys are also likely to be able to assist in gaining veterans’ benefits for which you qualify. You might also go to one of the simple online benefits check programs (see previous page).

Another helpful internet link is on the NY State Office for the Aging health insurance site. The following link brings you to a page that has quick access to more infor-

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mation on veterans benefits and a jump to frequently asked questions on the Veterans' Administration website: <http://hiicap.state.ny.us/home/link01.htm#vet>. From this link, click on "Veterans Benefits," and then on the "1-Stop Service Inquiry Page." Some of the questions include: Can I get a copy of my discharge papers? Am I eligible for free prescriptions? Will VA provide hearing aids and eyeglasses? Am I eligible for a nursing home?

**Department of Veterans Affairs**, [www.va.gov](http://www.va.gov)  
Local office:  
245 West Houston Street  
New York, NY 10014-4805  
(800) 827-1000  
(212) 807-7229  
Fax: (212) 807-4024

**Veterans of Foreign Wars (VFW) Department Service Officer, VA Regional Office**  
245 W. Houston Street, # 207  
New York, NY 10014-4805  
(212) 807-3164  
Fax: (212) 807-4023

**Black Vets for Social Justice**  
665 Willoughby Avenue  
Brooklyn, NY 11206  
(718) 852-6004  
Fax: (718) 852-4805  
[www.bvsj.org](http://www.bvsj.org)

**Brooklyn Vet Center**  
25 Chapel Street, Suite 604  
Brooklyn, NY 11201  
(718) 330-2825

**Brooklyn Campus/VA, NY Harbor Health Care System**  
800 Poly Place  
Brooklyn, NY 11209  
(718) 836-6600

**Community Clinics:**  
40 Flatbush Extension,  
8th Floor  
Brooklyn, NY 11201  
(718) 439-4300

1413 Fulton Street  
Brooklyn, NY 11216  
(718) 636-4500

1205 Sutter Avenue  
Brooklyn, NY 11208  
(718) 647-2600

**VA NY/NJ Veterans Healthcare Network (VISN 3)**  
VA NY Harbor Healthcare System, Network 3  
423 East 23rd Street  
New York, NY 10010  
(212) 686-7500, x 6838  
<http://www.va.gov/visns/visn03/default.asp>

# “I need to put my mom’s finances in order. Who can give me some help?”

Many times it is necessary to seek a financial professional who specializes in the issues and concerns facing seniors and their caregivers. There are certain financial products and services that are designed specifically to resolve many of the issues facing people 65 and over.

To find a Certified Senior Advisor in your area, you can contact:

**Society of Certified Senior Advisors**  
1777 S. Bellaire Street, #230  
Denver CO 80222  
(800) 653-1785  
society@csa-csa.com  
www.society-csa.com

Each advisor has their area of specialization, so discuss with the advisor your concerns to assure they can help or refer you to one who can.

For wills and certain other situations, you may need the services of an attorney. Laws and regulations around elder issues are complex and often updated, so the selected attorney should specialize in elder law and be familiar with health care law, long-term care financing, trusts, estates, and Medicare/Medicaid provisions. Hearing impartial advice from a third party about estate planning, trusts, and other legal and financial issues may help put you and your family at ease.

The next page shows organizations that can refer you to an Eldercare Attorney. Ask for a few names, and be sure to shop around! Ask each lawyer about their fees and their experience in the issue with which you need help.

# “I’m trying to help my parents plan ahead. Do I need a lawyer?”

Every caregiver should know where the important documents are for their loved one. Wills, power of attorney, advance directives, living wills, and health care proxies are all critical to fulfilling the wishes of a loved one.

Many of us have said, “Mom made me promise never to put her on a respirator,” but if you do not have the signed papers in order, you may not be able to carry out this promise. DNR (do not resuscitate) and health care proxies are available at hospitals and medical facilities or from the state. You can fill out these forms yourself, and file them in a handy place at home.

Legal advice is necessary for many documents, and attorneys who specialize in “Elder Law” can be especially helpful with the ins and outs of Medicare, inheritance, etc. Many also have sliding scales so that their assistance is affordable. The Department for the Aging keeps a listing of attorneys, some of whom will give advice *pro bono* (for no charge). The list notes languages spoken besides English, including Russian, Chinese, Spanish, Portuguese, Hebrew, Yiddish, Greek, German, Italian, and French.

To receive a free copy of the list of lawyers contact:

**NYC Department for the Aging (DFTA)**

2 Lafayette Street, 15th Floor, NY, NY 10007-1392  
(212) 442-3086

The organizations on the next page may have elder law attorneys on their staffs, or they may be able to refer you to an appropriate attorney. Be sure to shop around, check the costs of a service with more than one attorney, and try to find one with the skills and experience related to the service you need.

**Association of the Bar of  
NYC, Lawyer Referral  
Services**

42 West 44th Street  
New York, NY 10036  
(212) 626-7373 English  
(212) 626-7374 Spanish

**Brooklyn Bar Association**

123 Remsen Street  
Brooklyn, NY 11201  
(718) 624-0843

**Legal Aid Society, Brooklyn  
Office for the Aging**

111 Livingston Street, 7th  
Floor  
Brooklyn, NY 11201  
(718) 645-3111

**National Academy of Elder  
Law Attorneys (NAELA)**

1604 North Country Club  
Road  
Tucson, AZ 85716  
(520) 881-4005  
[www.naela.com](http://www.naela.com)

**South Brooklyn Legal  
Services**

105 Court Street  
Brooklyn, NY 11201  
(718) 237-5500  
*Housing issues*

# “Grandmother has been diagnosed with . . .”

There are hundreds of organizations that give information and support on the whole variety of ailments—both physical and mental—that afflict older persons. Listed below are a selection that are located in the New York area, but you may find more help by looking in the telephone book or, if you are an internet user, by looking on the web.

The *Resource Directory for Older People*, published by the National Institute on Aging (NIA) and the National Institutes of Health (NIH), is an excellent publication that lists many organizations that serve older persons and focus on aging issues and specific diseases. It is available free on the publishers’ website or by calling the toll-free number or writing the address below:

## **NIA Information Center**

PO Box 8057  
Gaithersburg, MD 20898-8057  
(800) 222-2225  
[www.nia.nih.gov/resource/](http://www.nia.nih.gov/resource/)  
[niaic@jbs1.com](mailto:niaic@jbs1.com)  
(TTY) (800) 222-4225

## **ALS Center Beth Israel Medical Center**

1st Avenue at 16th Street  
New York, NY 10003  
(212) 420-4111 / 4247  
[www.alz.org](http://www.alz.org)

## **Alzheimer’s Association, NYC Chapter**

360 Lexington Avenue,  
5<sup>th</sup> Floor  
New York, NY 10017  
(212) 983-0700  
Fax: (212) 697-6158  
[www.alzheimernyc.org](http://www.alzheimernyc.org)

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**American Diabetes Association, New York Office**  
149 Madison Avenue,  
Room 701  
New York, NY 10016  
(212) 725-4925  
(888) 342-2382  
www.diabetes.org

**American Foundation for the Blind**  
11 Penn Plaza, Suite 300  
New York, NY 10001  
(800) 232-5463  
TTY: (212) 502-7662  
Fax: (212) 502-7777  
afbinfo@afb.net  
www.afb.org

**American Heart Association**  
122 East 42nd Street  
New York, NY 10168  
(212) 878-5900  
Fax: (212) 878-5960  
www.americanheart.org

**American Lung Association**  
61 Broadway, 6th Floor  
New York, NY 10006  
(800) 586-4872  
(212) 315-8700  
Fax: (212) 315-8872  
info@lungusa.org  
www.lungusa.org

**American Parkinson's Disease Association**  
1250 Hylan Blvd., Suite 4B  
Staten Island, NY 10305  
(800) 223-2732  
www.apd@parkinson.org

**American Podiatric Medical Association**  
9312 Old Georgetown Road  
Bethesda, MD 20814  
(301) 571-9200  
(800) 366-8227

**Americans for Better Care of the Dying**  
4125 Albemarle Street, NW  
Washington, DC 20015  
(202) 895-9485  
www.abcd-caring.org

**Arthritis Foundation NYC**  
122 East 42nd Street 18th  
Floor  
New York, NY 10168  
(212) 984-8700  
www.arthritis.org

**Better Hearing Institute**  
P.O. Box 1840  
Washington, DC 20013  
(703) 642-0580  
(800) 327-9355

**Brain Injury Association**  
10 Colvin Avenue  
Albany, NY 12206-1242  
(518) 459-7911  
(800) 228-8201  
info@bianys.org  
www.bianys.org

**Brooklyn AIDS Task Force**  
25 Chapel Street Rm 605  
Brooklyn, NY 11201  
(718) 596-3635  
Fax: 718-596-3539  
www.batf.net

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**Brooklyn Parkinson's Group**  
200 Hicks Street  
Brooklyn, NY 11201  
(718) 522-3068  
Fax: (718) 522-4922

**Diabetes Educational  
Resource**  
NY Methodist Hospital  
263 7th Avenue,  
5th Floor, Suite A  
Brooklyn, NY 11215  
(718) 246-8603  
Fax: (718) 246-8601

**Huntington's Disease Society  
of America**  
158 West 29th Street, 7th  
Floor  
New York, NY 10001-5300  
(800) 345-4372  
(212) 242-1968, ext. 10  
hdsainfo@hdsa.org  
www.hdsa.org

**Lighthouse National Center  
for Vision and Aging**  
111 East 59th Street  
New York, NY 10022  
(800) 829-0500  
(212) 821-9200  
TTY: (212) 821-9713  
info@lighthouse.org  
www.lighthouse.org

**Medic Alert Foundation**  
P.O. Box 1009  
Turlock, CA 95381  
(209) 668-3338  
(800) 432-5378  
www.medicalert.org

**National Kidney Foundation**  
30 East 33rd Street  
New York, NY 10016  
(800) 622-9010  
(212) 889-2210  
Fax: (212) 689-9261  
www.kidney.org

**National Multiple Sclerosis  
Society**  
733 3rd Avenue, 6th Floor  
New York, NY 10017-3288  
(800) 344-4867  
(212) 986-3240  
Fax: (212) 986-7981  
nat@nmss.org  
www.nmss.org

**Staten Island University  
Hospital, Osteoporosis  
Detection/Treatment**  
242 Mason Avenue  
Staten Island, NY 10305  
(718) 226-8215  
Fax: (718) 226-8352

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## **CANCER**

### **American Cancer Society- Brooklyn Office**

148 Pierrepont Street  
Brooklyn, NY 11201  
(718) 237-7850  
Fax: (718) 852-9422  
[www.cancer.org](http://www.cancer.org)

### **Cancer Care**

275 7th Avenue  
New York, NY 10001  
(212) 712-8400  
Fax: (212) 712-8495

### **Cancer Institute of Brooklyn Maimonides Medical Center**

6323 7th Avenue  
Brooklyn, NY 11220  
(718) 283-8587

### **Memorial Sloan-Kettering Cancer Center**

1275 York Avenue,  
Box 166  
New York, NY 10021  
(212) 639-2000  
[www.mskcc.org](http://www.mskcc.org)

### **Skin Cancer Foundation**

245 Fifth Avenue  
New York, NY 10016  
(800) 754-6490  
(212) 725-5176

# “We seem to have an emergency every other week!”

Most family caregiving takes place at home, even for people at the end of life. But the long months and years of caregiving that precede the final stages are often punctuated by acute episodes of illness or trauma where hospitalization is necessary. Whether these hospital stays are of a few days’ duration or stretch out into weeks, they typically mark turning points in the patient’s condition and in the caregiver’s responsibilities. And for everyone involved, the experience of hospitalization is usually full of anxiety, stress, and uncertainty. Ordinary life—even in the extraordinary conditions that characterize long-term caregiving—is suspended in the hospital environment.

**Cabrini Medical Center** (212-995-6000, [www.cabrininy.org](http://www.cabrininy.org)) in Manhattan has created two acute care dementia units called “Windows to the Heart”; one is at the medical center and the second is at Cabrini Center for Nursing and Rehabilitation. These units provide a high level of empathetic care to family caregivers of individuals with Alzheimer’s disease and related dementias.

**The Brooklyn Hospital Center** (718-250-8000, [www.tbh.org](http://www.tbh.org)) has taken a different route toward its goal of improving care for African-Americans in Northern and Central Brooklyn. With its community partner, **Wartburg Lutheran Home for the Aging**, a gerontologic nurse practitioner identifies families while the patient is hospitalized, teaches them caregiving techniques, and follows them after discharge with phone calls and home visits to make sure the transition has gone smoothly. The Wartburg staff provides seminars available to all caregivers in the community.

Excerpted from “*Hospital-based family caregiver programs: Building institutional resources and community ties*” by Carol Levine. Published in *Innovations in End-of-Life Care*, 2001;3(2).

# “My father’s being discharged from the hospital tomorrow.”

Some hospital stays are planned, but, especially for older adults, many are not. It is important to be prepared. In long-term caregiving, you will find that many services are available through the discharge planner at the hospital that are much more difficult to obtain on your own.

Everyone should have a copy of an excellent publication from the National Alliance for Caregiving and the United Hospital Fund of New York:

## **A Family Caregiver’s Guide to Hospital Discharge Planning**

*Available free from:* National Alliance for Caregiving,  
4720 Montgomery Lane, 5th Floor, Bethesda, MD 20814  
or online: [www.caregiving.org](http://www.caregiving.org) or [www.uhfnyc.org](http://www.uhfnyc.org)

This booklet describes the steps to take to plan for and ensure the best care possible at the time of discharge.

Hospital discharge planning varies greatly from hospital to hospital, but in all cases someone is in charge of a patient’s discharge. The planner may be a nurse, a social worker, or an administrator. It is important for you to know who this person is and to understand what they can do — as well as what is beyond their control. If the discharge planner does not come to see you and your relative early in the hospital stay, find out who is in charge of discharge and ask for an appointment.

The discharge planner is responsible for making sure that your relative’s discharge is, to use Medicare’s language, “safe and adequate.” This means that your relative should be going to a place that does not present immediate dangers to their health and well-being and that realistic plans have been made for appropriate follow-up care.

At the very outset of discharge planning, health care

*more* →

professionals, family caregivers, and the patient (if appropriate) should discuss the following:

#### STATUS

- The patient's condition, and any changes that may have occurred as a result of treatment at the facility;
- Any likely symptoms, problems, or changes that may occur when the patient is at home;
- The patient's care plan, the caregiver's needs, and any adjustments that must be made to meet these needs;
- The potential impact of caregiving on the caregiver; warning signs of stress; techniques for reducing stress.

#### PLANNING

- Arrange for an in-hospital assessment to determine Medicare or insurance eligibility for home care services, such as visiting nurses and home care aides;
- Set up home care services for which the patient is eligible (insurance, Medicare) and others for which the patient/family will pay;
- Get the home ready by arranging for equipment rental and home modification;
- Provide a 24-hour phone number the caregiver can call to speak with a health care professional;
- Organize transportation home for the patient;
- Schedule a follow-up appointment.

#### REFERRALS

Before discharge, health care professionals, caregivers, and patients should explore available support services, including:

- Community sources of social support for caregivers and patients;
- Community-based agencies that provide services such as transportation, equipment maintenance, respite care, home care, and volunteer services;
- Information resources such as books, pamphlets, videos, and websites.

You will need to be persistent, ask questions, review the options, make an informed decision, and remember not to settle for a plan that you have doubts about.

# “Grandma broke her hip, and Grandpa can’t cook.”

Federally funded meals-on-wheels provide one hot meal per day for seniors who are over the age of 60 and have functional disabilities that impair their ability to cook for themselves. To apply for home-delivered meals, contact the case management agency (see pages 14-18) assigned to cover your community. A case manager will come to the home and assess the elder’s situation, determine eligibility, and make sure that they can still be maintained safely in their home with the delivery of one hot meal per day.

There are no financial eligibility requirements, but there is a suggested contribution for the meals that differs from one agency to another. The case manager will then authorize the delivery of meals and make a referral to the local meal provider. Ask if the provider can provide specialized meals, e.g. kosher, etc. Availability differs from community to community. There also may be waiting lists in some communities, as the funds available for this program are limited.

**Bay Ridge Center  
for Older Adults**  
411 Ovington Avenue  
Brooklyn, NY 11209  
(718) 748-0873  
Community Board: 10  
Covering zip codes:  
11209, Part of 11219, Part  
of 11220, Part of 11228

**BFFY Sheepshead Bay  
Community Services**  
1215 Avenue O  
Brooklyn, NY 11230  
(718) 375-3377  
Community Board: 15  
Zipcodes: Part of 11223,  
11229, Part of 11235

*more*→

**BFFY Bensonhurst**  
1867 Bath Avenue  
Brooklyn, NY 11214  
(718) 236-3205,  
Community Board: 11  
Zipcodes: Part of 11204,  
11214, Part of 11223, Part  
of 11228

**Concord Case Management**  
1958 Fulton Street  
Brooklyn, NY 11233-3104  
(718) 363-9833  
Community Board:  
Eastern part of 2,  
3,5,8,9,16,17, Starret City  
Zipcodes: Part of 11201,  
11203, 11205, Part of  
11207, 11208, Part of  
11210, Part of 11212,  
11213, 11216, Part of  
11217, Part of 11219, Part  
of 11221, 11225, Part of  
11226, 11233, Part of  
11236, 11238

**Heights and Hill  
Community Council**  
160 Montague Street  
Brooklyn, NY 11201  
(718) 596-8789  
Community Board:  
Western Part of 2  
(Brooklyn Heights,  
Boerum Hill)  
Northern Part of 6 (Cobble  
Hill), Part of 11201, Part of  
11231, Part of 11217

**JASA Brooklyn Central/  
Shorefront**  
132 West 31st Street  
New York, NY 10001  
(121) 273-5272  
Community Board: 12 & 13  
Zipcodes: Part of 11204,  
Part of 11212, Part of  
11218, Part of 11219,  
11224, Part of 11230, Part  
of 11235

**JASA Storefront Services**  
1724 Flatbush Avenue  
Brooklyn, NY 11210  
(718) 377-1230  
Community Board: 14,  
Part of 11210, Part of  
11218, Part of 11223, Part  
of 11226, Part of 11230

**Prospect Hill Senior Services  
Center**  
283 Prospect Avenue  
Brooklyn, N.Y. 11215  
(718) 499-9574,  
Community Boards: 6 & 7  
Zipcodes: 11215, Part of  
11217, Part of 11218, Part  
of 11220, 11231, 11232

**Ridgewood Bushwick Senior  
Center**  
319 Stanhope Street  
Brooklyn, NY 11237  
(718) 366-3038  
Community Board: 4  
Zipcodes: Part of 11206,  
Part of 11207, Part of  
11221, 11237

*more* →

**Selfhelp Community Services,  
Kensington**

419 Church Avenue  
Brooklyn, NY 11218  
(718) 633-1300,  
Community Boards:  
7,12,14  
Zip code: 11218

**Southside Care Management**

280 Marcy Avenue  
Brooklyn, NY 11211  
(718) 782-8181  
Community Board: 1, Part  
of 11206, 11211, Part of  
11221

**Special Services for Senior  
Citizens**

715 East 100th Street  
Brooklyn, NY 11236  
(718) 257-1600  
Community Board: 18  
Zipcodes: 11234, Part of  
11236

# “My mother was independent until she fell last month”

Home care services are available for a range of needs and offer various types of services. Most agencies will service people with physical needs, but there are also agencies and individuals that are specially trained to help people with Alzheimer’s or other forms of dementia. In the case of a person who has fallen, arranging home health care through the discharge planner at the hospital makes the process easier and benefits coverage possible.

The types of home care break down into those needs that require skilled nursing or therapy (those tasks which can only be performed by a registered nurse or under the supervision of a nurse or by another certified professional) and can be paid for by Medicare, and those needs which are considered custodial (care that is primarily for the purpose of helping the patient with activities of daily living, meeting personal needs, or for maintaining safety). The latter are paid for by Medicare only under certain circumstances—where there is a co-existent medical need that qualifies for the skilled nursing benefit, or upon release from the hospital when recovering from an acute episode—and for a limited number of hours per day.

You may have to pay privately for home care. Be sure to shop around, ask about payment terms, and licensing.

## **American Certified Special Services**

171 Kings Highway  
Brooklyn, NY 11223  
(718) 259-9300  
Fax: (718) 231-4656

## **At Home Health Service Agency, Inc.**

189 Montague Street  
Brooklyn, NY 11201  
(718) 923-3400  
Fax: (718) 923-3401

*more*→

**Bensonhurst Senior Services**  
1867 Bath Avenue  
Brooklyn, NY 11214  
(718) 236-3205  
Fax: (718) 837-1957

**BHRAGS (Brooklyn Haitian  
Ralph & Good Shepherd)  
Homecare Corporation**  
444 Thomas Boyland  
Street, 3rd Floor  
Brooklyn, NY 11212  
(718) 345-5940

**Brookdale Hospital Medical  
Center Home Care**  
Linden Boulevard and  
Rockaway Parkway  
Brooklyn, NY 11212  
(718) 240-5343  
Fax: (718) 240-5301  
[www.brookdalehospital.org/  
html/home\\_healthcare\\_  
agency.html](http://www.brookdalehospital.org/html/home_healthcare_agency.html)

**Brooklyn Hospital Center  
Home Health Service**  
100 Parkside Avenue  
Brooklyn, NY 11226  
(718) 940-5600  
Fax: (718) 856-0326

**CABS Home Attendants  
Service, Inc.**  
545 Broadway  
Brooklyn, NY 11206  
(718) 388-0220  
Fax: (718) 388-1428

**Caregiver's Network**  
Queens, NY  
Serving the NYC area.  
1-877-721-1316  
Fax: (718) 504-5113  
[www.caregiversnet.com](http://www.caregiversnet.com)

**Chinese-American Planning  
Council, CPC Home Attendant  
Program**  
55 Avenue of the  
Americas  
New York, NY 10013  
(212) 219-8100  
Fax: (212) 966-7371  
[www.cpc-nyc.org/  
senior\\_services.htm](http://www.cpc-nyc.org/senior_services.htm)

**Center for Nursing & Rehab  
(CNR)**  
596 Prospect Place  
Brooklyn, NY 11238  
(718) 209-0002

**COHME (Concerned Home  
Managers for the Elderly)**  
1556 3rd Avenue, Suite 603  
New York, NY 10128  
(212) 987-0607  
[homecare@cohme.org](mailto:homecare@cohme.org)  
[www.cohme.org](http://www.cohme.org)

**Family Care Certified Services**  
405 91st Street  
Brooklyn, NY 11209  
(718) 745-7508

*more* →

**Family Home Care Services of  
Brooklyn and Queens, Inc.**

241 37th Street, 2nd Floor  
Brooklyn, NY 11232  
(718) 832-0550  
Fax: (718) 965-7023  
homecare@fhcsny.com  
www.fhcsny.com

**First To Care Home Care**

6323 7th Avenue  
Brooklyn, NY 11220  
(718) 630-2500

**Girling Health Care**

326 7th Street  
Brooklyn, NY 11215  
(718) 499-3309

**Home Assistance Personnel**

2900 Exterior Street  
Bronx, NY 10463  
(718) 367-1311  
HAPI@jewishhome.org  
www.jewishhome.org

**Interfaith Medical Center,  
Jewish Hospital**

555 Prospect Place  
Brooklyn, NY 11238  
(718) 935-7660

**Kingsbrook Jewish Medical  
Center Home Care**

585 Schenectady Avenue  
Brooklyn, NY 11203  
(718) 604-5336  
Fax: (718) 604-5929  
www.kingsbrook.org/atoz/  
lifestyles/healthcare.asp

**Long Island College Hospital  
Home Care**

134 Atlantic Avenue  
Brooklyn, NY 11201  
(718) 780-1654

**Metropolitan Jewish Health  
Care System**

6323 7th Avenue  
Brooklyn, NY 11220  
(718) 759-4300  
Fax: (718) 972-6120  
www.metropolitan.org

**New York Methodist Hospital  
Home Care**

506 6th Street  
Brooklyn, NY 11215  
(718) 780-3166

**Nursing Sisters Home-Visiting  
Service**

500 19th Street  
Brooklyn, NY 11215  
(718) 768-7271  
Fax: (718) 484-2225

**Personal Touch Home  
Aides of NY**

813 Quentin Road  
Brooklyn, NY 11223  
(718) 375-6111 (HHA)  
Fax: (718) 375-6619

**Personal Touch Home Care**

186-18 Hillside Avenue  
Jamaica, NY 11432  
(718) 468-2500  
Fax: (718) 454-5406

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**Prospect Home Care**  
1650 Coney Island  
Avenue  
Brooklyn, NY 11230  
(718) 787-4040  
Fax: (718) 787-9894

**Revival Home Health Care**  
3609 13th Avenue  
Brooklyn, NY 11218  
(718) 437-6764  
Fax: (718) 437-3439

**Selfhelp Home Care**  
520 8th Avenue  
New York, NY 10018  
(212) 947-8701  
Fax: (212) 967-4784

**Shorefront Jewish Geriatric  
Center**  
3015 W. 29th Street  
Brooklyn, NY 11224  
(718) 266-5700  
Fax: (718) 265-1471

**St. Mary's Hospital of  
Brooklyn Home Care**  
170 Buffalo Avenue  
Brooklyn, NY 11213  
(718) 221-3000  
Fax: (718) 735-0092

**Victory Memorial Hospital  
Long-term Health Care**  
401 95th Street  
Brooklyn, NY 11209  
(718) 567-1234  
Fax: (718) 567-2575  
[www.vmhny.org](http://www.vmhny.org)

**Visiting Nurse Service of NY**  
1250 Broadway, 4th Floor  
New York, NY 10001  
(212) 290-3800  
Fax: (212) 290-3939  
[www.vnsny.org](http://www.vnsny.org)

**Visiting Nurse Regional Care  
Network** (formerly the VNAB)  
111 Livingston Street  
Brooklyn, NY 11201  
(718) 923-7100  
Fax: (718) 858-9828

**We Care Home Health Care**  
1153 Broadway  
Brooklyn, NY 11221  
(718) 919-1782  
Fax: (718) 455-5345

# “Their house is not set up for a wheelchair.”

A sudden change in physical ability is not unusual in later years, but a person does not always become totally dependent. There are many simple pieces of equipment that can make a difference—from a specially designed fork to a grabber stick for reaching objects. More dramatic changes include adding a ramp to get in and out of the home to widening bathroom doorways.

Resources for such needs might be right around the corner at your drugstore (wheelchairs, walkers, shower seats, etc.). Or, you may need to search more widely for more help. There are some good books to help with redesign, and there are many companies that sell equipment. The following list will help you get started.

**Suggested Readings** (ask your bookstore to order for you):

***The Complete Guide to Alzheimer's-Proofing Your Home***

By Mark L. Warner,  
Purdue Univer. Press, 2000

***The Comfort of Home: An Illustrated Step-By-Step Guide for Caregivers***

By Maria M. Meyer with  
Paula Derr  
Published by CareTrust  
Publications  
PO Box 10283  
Portland, OR 97296-0283  
(800) 565-1533  
Fax: (503)221-7019  
[www.comfortofhome.com](http://www.comfortofhome.com)

**NYS Office of Advocate for Persons with Disabilities**

1 Empire State Plaza, #1001  
Albany, NY 12223-1150  
(800) 522-4369  
[www.advoc4disabled.state.ny.us](http://www.advoc4disabled.state.ny.us)  
*Resource Center for the Disabled matches those in need of assistive devices with those seeking to sell or donate equipment. Information and referral hotline.*

**Met Council on Jewish Poverty, Metro Pair Program**

80 Maiden Lane, 21st Floor  
New York, NY 10038  
(212) 453-9500  
Fax: (212) 453-9600  
[www.metcouncil.org](http://www.metcouncil.org)  
*Door and window locks, bathroom bars, other small modifications.*

*more* →

**Accessibility Equipment  
Manufacturers Association**

PO Box 380  
Metamora, IL  
61548-0380  
(800) 514-1100  
Fax: (309) 923-7964  
www.aema.com

*Elevators and lifts for inclined/  
vertical platforms and stairways.*

**Accessibility World**

PO Box 1104  
Peoria, AZ 85345  
(623) 412-0095  
Fax: (530) 937-2886  
www.accessibilityworld.com

**Alzheimer's Store**

12633 159th Court North  
Jupiter, FL 33478  
(800) 762-3238  
Fax: (561) 744-9572  
www.alzstore.com

*Call to request a catalog.*

**Comforthouse**

189-V Frelinghuysen Ave.  
Newark, NJ 07114-1595  
(800) 359-7701  
Fax: (973) 242-0131  
customerservice@  
comforthouse.com  
www.comforthouse.com

*Specialized products to make life  
easier for seniors.*

**Concrete Change**

600 Dancing Fox Road  
Decatur, GA 30032  
Email:ConcreteChange@  
mind-spring.com  
www.concretechange.org

**Discount Ramps LLC**

2410 South Main Street, #C  
West Bend, WI 53090  
(888) 651-3431  
Fax: (262) 306-8035  
www.discount-wheelchair-  
ramps.com

**Electroease**

(800) 727-1954  
www.electroease.com/  
www.Wheelchair-  
Elevators.html

**Weill Medical College of  
Cornell University,  
Gerontologic Environmental  
Modification (GEM)**

525 East 68th Street  
New York, NY 10021  
(877) 267-6355  
www.cornellaging.com/  
gem/index.html

*Research, interior design, and  
gerontologic safety program. Serves  
Manhattan, but you may find some  
tips on their website.*

# “My aunt is alone a lot and seems very depressed.”

Brooklyn is rich in the availability of mental health and psychotherapy providers. Access into the system is available through many routes. The first step should be to talk to your loved one in order to determine their willingness to seek treatment. If their situation is that of an acute crisis, the nearest hospital emergency room is the best bet. The hospital staff can determine whether or not hospitalization is necessary.

If you are unsure if hospital care is too drastic, or your relative or friend is unwilling to go, contact one of the Mobile Crisis Units listed here. They will send a team made up of a nurse, social worker, and psychologist to the home in order to assess the situation.

## **Mobile Crisis Team, Interfaith Medical Center**

555 Prospect Place, Brooklyn, NY 11238, (718) 935-7284

Serving zipcodes: 11201, 11203, 11207, 11208-11210, 11212, 11213, 11215, 11216, 11217, 11218, 11220, 11223, 11225, 11226, 11230, 11231, 11232, 11233, 11236, 11238

## **Mobile Crisis Team, Kings County Hospital**

606 Winthrop Street, 7th Fl., Rm 2302, Brooklyn, NY 11203, (718) 245-2341

Serving zipcodes: 11203, 11207, 11208, 11210, 11212, 11213, 11216, 11217, 11218, 11223, 11225, 11226, 11230, 11233, 11234, 11236, 11238

## **Mobile Crisis Team, Woodhull Medical Center**

100 North Portland, Brooklyn, NY 11206, (718) 260-7725

Serving zipcodes: 11201, 11205, 11206, 11207, 11208, 11211, 11212, 11217, 11219, 11221, 11222, 11233, 11237, 11238

Another agency that will do assessments in the home and help set up services without regard to income (if there

is no other responsible person to assist the individual) is:

**Adult Protective Services**  
Central Intake Referral Line  
(212) 630-1853

If the situation is not as serious as above and the person is willing, there are many ways to access mental health facilities. The person's primary care physician will know which practitioners are available to their patients within their insurance networks. It is important that people check with their carriers so that they are not burdened by large unintended bills. Also, people can check whether a practitioner is in their network by calling the telephone number on the back of their insurance card.

Another entry point into the mental health system is through the local hospitals. They usually have Outpatient Mental Health Clinics which take most insurances, including Medicare and Medicaid, as well as the private Medigap insurance plans.

Community Mental Health Centers are located throughout the borough and can be found in the telephone book or check with any of the agencies listed here.

**Bensonhurst Mental Health Clinic**  
1743 81st Street  
Brooklyn, NY 11214  
(718) 256-8600  
Fax: (718) 232-8460 or  
232-9325

**Brooklyn Bureau of Community Services**  
20 New York Avenue  
Brooklyn, NY 11216  
(718) 622-9400  
Fax: (718) 398-7139  
[www.bbcs.org](http://www.bbcs.org)

**Brookdale University Hospital and Medical Center, Homebound Elderly Psychiatric Outreach**  
One Brookdale Plaza  
Brooklyn, NY 11212  
(718) 240-6378  
Emergency: (718) 240-5761  
[www.brookdalehospital.org](http://www.brookdalehospital.org)

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**Brooklyn Center for Psychotherapy**  
300 Flatbush Avenue  
Brooklyn, NY 11217  
(718) 622-2000  
Fax: (718) 398-3328

**Brooklyn Psychiatric Center**  
189 Montague Street  
Brooklyn, NY 11201  
(718) 875-7510  
Fax: (718) 643-3455

**Casa BienEstar**  
10 Hanover Place  
Brooklyn, NY 11201  
(718) 222-1518

**Center for Marital & Family Therapy**  
408 Jay Street, 5th Floor  
Brooklyn, NY 11201  
(718) 243-1111

**Downstate Mental Hygiene Associates**  
370 Lenox Road  
Brooklyn, NY 11226  
(718) 287-4806  
Fax: (718) 287-0337

**FEGS Brooklyn Mental Health Clinic**  
199 Jay Street  
Brooklyn, NY 11201  
(718) 488-0100  
Fax: (718) 488-0128

**Interfaith Medical Center**  
Brooklyn Jewish Site/St.  
John's Episcopal Hospital  
Site  
1545 Atlantic Avenue  
Brooklyn, NY 11213  
(718) 613-4000  
www.interfaithmedical.com

**Interfaith Medical Center, Outpatient Clinic**  
1475 Fulton Street  
Brooklyn, NY 11216  
(718) 778-7702  
www.interfaithmedical.com

**Kings County Hospital Outpatient Department**  
N Bldg., 451 Clarkson  
Avenue  
Brooklyn, NY 11203  
(718) 245-2705

**National Neighborhood Counseling Center**  
7701 13th Avenue  
Brooklyn, NY 11228  
(718) 232-1351  
Fax: (718) 837-5676

**New York Psychotherapy and Counseling Center**  
796 H Drew Street  
Brooklyn, NY 11208  
(718) 235-3100  
Fax: (718) 277-0822

*more*→

**Park Slope Counseling  
Service**

348 13th Street  
Brooklyn, NY 11215  
(718) 788-2461  
Fax: (718) 788-8294

**Pesach-Tikvah-Hope  
Development Mental Health  
Guidance Center**

18 Middleton Street  
Brooklyn, NY 11206  
(718) 875-6900  
Fax: (718) 875-6999  
[www.pesachtikvah.org](http://www.pesachtikvah.org)

**St. Vincent's Services**

Mental Health Outpatient  
Clinic

333 Atlantic Avenue  
Brooklyn, NY 11201  
(718) 522-6011  
Fax: (718) 522-1560  
[www.svs.org/services/  
mentalhealth.shtm](http://www.svs.org/services/mentalhealth.shtm)

**Woodhull Medical and Mental  
Health Center**

760 Broadway  
Brooklyn, NY 11206  
(718) 963-8335  
Fax: (718) 630-3372

# “My wife seems more forgetful. How serious is it?”

Memory loss, confusion, changes in mood, and changes in behavior are some signs that something may be wrong. If you notice these signs, it is important to have an evaluation to determine the cause. Many conditions can cause these symptoms, including side effects from medication, thyroid disorders, nutritional deficiencies, alcoholism, infections, dementia, Alzheimer’s disease, depression, strokes, brain tumors, and head injuries. Some of these conditions are treatable or reversible. Getting the right diagnosis can lead to getting the appropriate care.

There is no one diagnostic test to determine the cause of dementia-like behavior. A comprehensive clinical evaluation should be performed. This type of evaluation includes a complete medical history and physical examination, a neurological examination, a mental status evaluation, and laboratory tests including blood tests and urinalysis, an electro-cardiogram (EKG) and a chest x-ray. Other tests such as an EEG (electroencephalogram that measures brain wave activity), a CT scan (which takes x-ray images of the brain, MRI (magnetic resonance imaging) may be done, as well. In addition, a psychiatric evaluation can rule out the presence of depression, which can result in memory loss similar to dementia. Neuropsychological tests may be done to test memory, reasoning, writing, vision-motor coordination, and the ability to express ideas.

This type of complete evaluation may be obtained by the family physician in collaboration with specialists, but for “one-stop shopping” it can be done through one of the geriatric assessment centers listed on the next pages. You can make the appointment yourself.

Most work-ups are performed on an outpatient basis, but some agencies, such as the Brooklyn Alzheimer's Disease Assistance Center, can arrange a complete in-home assessment. A family member or someone close to the patient should be involved in the process to give a history and describe behavioral changes.

New York City has multiple medical institutions with expertise in diagnosing dementia. The programs vary in scope, eligibility criteria, and fee structure. Almost all accept Medicare, Medicaid and third-party insurance payments. Many of these centers also offer family counseling services and support groups to help families understand the complexity of the diagnostic work-up.

## **BROOKLYN**

**Brooklyn Alzheimer's Disease Assistance Center**  
370 Lenox Road  
Brooklyn, NY 11226  
(718) 287-4806

**Brooklyn University, Hospital and Medical Center, Department of Psychiatry, Geriatric Mental Health Service**  
Brookdale Medical Associates Building  
2460 Flatbush Avenue, near King's Plaza  
Brooklyn, NY 11212  
(718) 240-5455  
[www.brookdale.edu/html/psychiatry/psychiatry.html](http://www.brookdale.edu/html/psychiatry/psychiatry.html)

**Downstate Medical Ctr, SUNY, Memory Disorders Clinic & Geriatric Psychiatric Clinic**  
370 Lenox Road  
Brooklyn, NY 11226  
(718) 287-4806  
(outpatient)  
(718) 270-2452 (inpatient)  
[www.hscbklyn.edu/uhbclinics/psychiatry.html](http://www.hscbklyn.edu/uhbclinics/psychiatry.html)

**Maimonides Medical Center**  
Neurology and Headache Department  
4802 10th Avenue  
Brooklyn, NY 11219  
(718) 283-7470  
Fax: (718) 283-8836

*more*→

## **MANHATTAN**

### **Bellevue Hospital Geriatric Center**

27th Street and 1st  
Avenue, # 2E25  
New York, NY 10016  
(212) 561-6371

**Beth Israel Medical Center**  
317 East 17th Street, 9th Fl.  
New York, NY 10003  
(212) 420-4111  
[www.nyneurosurgery.org](http://www.nyneurosurgery.org)

**Columbia Presbyterian  
Medical Center**  
Memory Disorders Center  
110 West 168th Street  
New York, NY 10032  
(212) 305-6939  
Fax: (212) 305-1145  
[www.healthsciences.columbia.edu/dept/taub/centers.html](http://www.healthsciences.columbia.edu/dept/taub/centers.html)

**Columbia Presbyterian  
Eastside**  
Memory Disorders Center  
16 East 60th Street, #330  
New York, NY 10022  
(212) 543-5853

**Cornell University Medical  
Center**  
Memory Disorders Clinic  
428 East 72nd Street, #500  
New York, NY 10023  
(212) 746-6581/ 2344  
Fax: (212) 746-5584  
[www.cornellphysicians.com/specialtycare.html](http://www.cornellphysicians.com/specialtycare.html)

**Mount Sinai Medical Center**  
Alzheimer's Disease  
Research Center -  
Geriatric, Box 1228  
1 Gustave Levy Place  
New York, NY 10029  
(212) 241-9382  
Fax: (212) 828-4190  
[www.msnyuhealth.org](http://www.msnyuhealth.org)

**New York University Medical  
Center, Institute for Aging and  
Dementia**  
550 First Avenue, MHL  
310  
New York, NY 10016  
(212) 263-8088  
Fax: (212) 263-6991  
<http://aging.med.nyu.edu/>

**St. Luke's Roosevelt Hospital  
Center, Division of  
Geriatric Medicine**  
1111 Amsterdam Avenue  
New York, NY 10025  
(212) 523-5934  
Fax: (212) 523-2842  
[http://www.wehealny.org/patients/slr\\_description.html](http://www.wehealny.org/patients/slr_description.html)

## “I need to go to work, but I can’t leave Mom alone.”

Adult Day Services are another important resource that allows caregivers to take time from their caregiving responsibilities knowing that their loved one is receiving care from a dependable and trained source. Adult day care programs offer services ranging from socialization to active rehabilitation and health-related care. Although program structures vary, the senior can attend anywhere from 3 to 12 hours a day, as many as seven days a week. Most programs also provide lunch and many also offer door-to-door transportation.

There are two kinds, or models, of adult day care:

The **Social Model** provides supervision and socialization activities such as games and dancing, or services such as memory-orientation exercises. Most of these programs do not have a medical component, and payment is usually private pay or insurance, while Medicaid may cover some clients with referrals.

The **Medical Model (M)** provides both social activities and medical care, such as giving medications and routine monitoring or treatment. These are usually affiliated with nursing homes and are regulated by the Department of Health. Payment can be through Medicaid, private insurance, or private pay. A program may accept Medicare if the client requires certain rehabilitation services.

There are programs specifically for persons with Alzheimer’s disease and other forms of dementia, and programs for physically frail elders who can no longer keep up in a traditional senior center. Be sure to ask if the center serves a specific population. Take a tour of centers that interest you. Application procedures may vary among programs.

*more*→

**Adult Day Health Care**  
5506 Church Avenue  
Brooklyn, NY 11203  
(718)346-2040  
Fax: (718) 346-2904

**Bainbridge Adult Day Health  
Care Center (M)**  
3093 Ocean Avenue  
Brooklyn, NY 11235  
(718) 891-2345  
Fax: (718) 891-6633

**Brookdale University Hospital  
and Medical Center (M)**  
1 Brookdale Plaza  
Brooklyn, NY 11212  
(718) 240-5000  
Fax: (718) 240-6484

**Casa BienEstar**  
Spanish Speaking Elderly  
Council-Raices  
10 Hanover Place  
Brooklyn, NY 11201  
(718) 222-1518  
Fax: (718) 222-4926

**Cobble Hill Health Center (M)  
Jacquelyn Hernandez Adult  
Day**  
380 Henry Street  
Brooklyn NY 11201  
(718) 855-6789  
Fax: (718) 522-5164  
care@cobblehill.org  
www.cobblehill.org

**Concord Adult Day Healthcare  
(M)**  
300 Madison Street  
Brooklyn, NY 11216  
(718)636-7500  
Fax: (718) 636-7533

**CNH Social Adult Day Care**  
270 Nostrand Avenue  
Brooklyn, NY 11205  
(718) 638-6877  
Fax: (718) 638-5970

**CNR Healthcare Network (M)**  
596 Prospect Place  
Brooklyn, NY 11238  
(718) 362-1444  
Fax: (718) 362-1445  
www.cnrhealthcare.org

**Cypress Hills Senior Center**  
3208 Fulton Street  
Brooklyn, NY 11208  
(718) 235-0064

**Dr. Susan Smith McKinney  
Adult Day Health Care Center  
(M)**  
594 Albany Avenue  
Brooklyn, NY 11203  
(718)245-7333  
Fax: (718) 245-7076

**Fairview Adult Daycare Center**  
1444 East 99 Street  
Brooklyn, NY 11236  
(718) 251-9080

**Family Resource & Adult Day Services Center**

1 Prospect Park West  
Brooklyn, NY 11215  
(718) 230-1108  
Fax: (718) 230-1109  
www.psgdc.org

**Franklin Avenue ADC/CNR Healthcare (M)**

520 Prospect Place  
Brooklyn, NY 11238  
(718) 636-1000

**Haym Solomon Home for Nursing & Rehab (M)**

2340 Cropsey Avenue  
Brooklyn, NY 11214  
(718) 373-1700  
Fax: (718) 372-4781

**Kings Bay YM-YWHA**

3495 Nostrand Avenue  
Brooklyn, NY 11229  
(718) 648-7703  
Fax: (718) 648-0758  
www.kingsbayY.org

**Lakeside Adult Day Care Health Center(M)**

945 East 108th Street  
Brooklyn, NY 11236  
(718) 272-1671  
Fax: (718) 649-6460

**Lemberg Home & Geriatric Institute**

8629 Bay Parkway  
Brooklyn, NY 11214  
(718) 266-0900  
Fax: (718) 714-0482  
lemberg@lemberghome.org

**Lowenstein Alzheimer's Adult Day Care (M)**

596 Prospect Place  
Brooklyn, NY 11238  
(718)362-1444  
Fax: (718) 362-1445

**Lucille Rose Adult Day Health Care Program (M)**

835 Herkimer Street  
Brooklyn, NY 11233  
(718) 221-2822  
Fax: (718) 221-2728  
www.ehs.org/bhuc

**MJG Nursing Home and Adult Day**

6202 16th Avenue  
Brooklyn, NY 11204  
(718) 621-3600  
Fax: (718) 621-1280  
www.metropolitan.org

**Northern Adult Day Center(M)**

1 Prospect Park West  
Brooklyn, NY 11215  
(718) 789-6898  
Fax: (718) 789-3536

**Palm Gardens Adult Day Health Center**

615 Avenue C  
Brooklyn, NY 11218  
(718) 438-5300  
Fax: (718) 438-5667

*more* →

**Park Slope Geriatric  
Day Center**

199 14th Street  
Brooklyn, NY 11215  
(718) 499-7701  
Fax: (718) 768-2119  
www.psgdc.org

**Rutland Adult Day Center(M)**

585 Schenectady Avenue  
Brooklyn, NY 11203  
(718) 604-5400  
Fax: (718) 604-5698

**Schulman & Schachne Institute**

(opening 9/1/03)  
9620 Church Avenue  
Brooklyn, NY 11212  
(718) 240-5101  
www.brookdalehospital.org

**Seniors in Touch**

9000 Shore Road  
Brooklyn, NY 11209  
(718) 630-7588  
Fax: (718) 833-5290

**Sephardic Home Skilled  
Nursing & Rehab (M)**

2266 Cropsey Avenue  
Brooklyn, NY 11214  
(718) 266-6100  
Fax: (718) 714-1127  
www.sephardichome.org

**Sunrise Adult Day Care (M)**

951 Avenue J  
Brooklyn, NY 11236  
(718) 272-5913  
Fax: (718) 272-7492

**Wartburg Lutheran Home for  
Aging, Adult Day Health Care  
Program (M)**

50 Sheffield Avenue  
Brooklyn, NY 11207  
(718)342-4210  
Fax: (718) 485-9236

# “Caregiving is so stressful. How do we cope?”

Making a commitment to help someone live at home for as long as possible may have come with a lot of planning or may have come about as the result of a health crisis. However, you became a caregiver and regardless of how much you love the person for whom you care, it can still be very stressful to juggle new responsibilities on top of previous ones. Experts report that people are struggling with more “stressors” than ever before. In fact, since 1970 studies show that life stress has intensified dramatically. “It’s simply your body’s way of reacting to your mind’s messages,” says George Pratt, Ph.D, and co-author of *Instant Emotional Healing*.

Caregivers must remember to care for themselves, or they will not be good carers for others. There are lots of ways that people deal with stress: exercise, quiet time alone, dancing, an evening out, a weekend away. Make regular plans to get the time you need in order to be your best in a caring role.

Support groups are an important place for families, caregivers, friends, and others to meet and share information, give and receive mutual support, and exchange coping strategies in relation to caring for an older person. Trained, competent leaders help members learn ways of dealing with similar problems.

Groups meet in all kinds of settings, such as nursing homes, day care centers, public and private community-based agencies, and in diagnostic centers or hospitals. There are special groups for caregivers of persons with Alzheimer’s disease and other forms of dementia, groups for those caring for someone with cancer, and for those in other situations. Most support groups are free of charge.

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Contact any of the agencies below to find out about the type of support groups they offer and their locations. Some of these agencies team up with agencies throughout Brooklyn, while others offer telephone support groups, so there is likely to be a group near you.

**Alzheimer's Association,  
NYC Chapter**  
360 Lexington Avenue,  
5<sup>th</sup> Floor  
New York, NY 10017  
(212) 983-0700  
Fax: (212) 697-6158  
[www.alzheimernyc.org](http://www.alzheimernyc.org)

**Brooklyn Hospital Center,  
Nareida Borrero Family  
Caregiver Program**  
121 DeKalb Avenue  
Brooklyn, NY 11201  
(718) 260-2752

**Dorot Caregivers Connections**  
171 West 85th Street  
New York, NY 10024  
(212) 769-2850  
Fax: (212) 769-4989  
[www.dorotusa.org](http://www.dorotusa.org)  
*Telephone support groups*

**Heights and Hill  
Community Council**  
160 Montague Street  
Brooklyn, NY 11201  
(718) 596-8789  
Fax: (718) 403-0346

**Lighthouse Center**  
1122 Coney Island Avenue  
Brooklyn, NY 11230  
(718) 421-1280  
Fax: (718) 421-4002  
[www.lighthouse.org](http://www.lighthouse.org)  
*For blind and visually impaired*

**Long Island Alzheimer's  
Foundation**  
5 Channel Drive  
Port Washington, NY  
11050  
(516) 767-6856  
[info@liaf.org](mailto:info@liaf.org)  
[www.liaf.org](http://www.liaf.org)

**Lutheran Medical Center**  
150 55th Street  
Brooklyn, NY 11220  
(718) 630-7588  
Fax: (718) 833-5290  
*For stroke victims and their  
caregivers*

**NY Methodist Hospital,  
Cancer Registry**  
506 6th Street  
Brooklyn, NY 11215  
(718) 780-3593  
Fax: (718) 780-7737  
*Cancer support groups*

more →

**Park Slope Geriatric  
Day Center**  
Family Caregiver Program  
199 14th Street  
Brooklyn, NY 11215  
(718) 499-7701  
Fax: (718) 768-2119  
caregiver@psgdc.org  
www.psgdc.org

**Raices Casa BienEstar Mental  
Health Clinic, Spanish  
Speaking Elderly Council**  
10 Hanover Place  
Brooklyn, NY 11201  
(718) 222-1518  
Fax: (718) 222-4926

**Well Spouse Foundation**  
66 West Main Street  
Freehold, NJ 07728  
1-800- 838-0879  
support@wellspouse.org  
www.wellspouse.org

*For referrals, also contact the  
agencies listed on pages 10-11.*

**“My parents and I have talked over their moving, but we’re confused about the housing options.”**

Careful research and in-person visits are important in making the right housing choice. Financing will probably be the first consideration, so call around to find out if there are benefits and subsidies that will affect your choice. Spending some time visiting a few different facilities, talking with residents, and having a meal on-site if possible will help in choosing a new home that feels comfortable to everyone.

In Brooklyn, there are facilities that are licensed by the state and fall into three key categories: **Adult Homes (AH)**, **Enriched Housing Program (EHP)**, and **Assisted Living Program (ALP)**. In addition, there are apartment buildings designed for independent senior living, supportive senior housing that includes some assistance, and assisted living facilities that are privately operated, nonsubsidized, and rent at market rate. These often offer studio-type apartments with small kitchens, but also have a common dining room and many programs for residents.

The state-licensed programs have specific definitions: An Adult Home (AH) is established and operated for the purpose of providing long-term residential care, room, board, housekeeping, personal care, and supervision to five or more adults unrelated to the operator. An Enriched Housing Program (EHP) is established and operated for the purpose of providing long-term residential care to five or more adults, primarily persons sixty-two years of age or older, in community-integrated settings resembling independent housing units. The program provides or arranges for the provision of room, board, housekeeping, light personal care, activities, help with shopping, part-time supervision, and care management. The state-licensed Assisted Living Pro-

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gram (ALP) combines residential and home care services. It is designed as an alternative to nursing home placement for individuals who historically have been admitted to nursing facilities for reasons that are primarily social rather than medical in nature. The NY State Department of Health keeps up-to-date listings on their website: <http://www.health.state.ny.us/nysdoh/acf/county/kings.htm>.

The facilities below are first those within specific programs regulated by the NY State Department of Health. Private facilities follow. Judge the quality of care by your personal visit to facilities in either category.

*Please note the codes on the listings that follow. Some residences are designed to house persons with mental illness and may not be appropriate for all older persons. These are coded with an "M," but be sure to ask about the population when you are looking for an appropriate place for your loved one to live.*

**C O D E S**

- (AH) Adult Home*
- (ALP) Assisted Living Program*
- (AZ) Includes a section for care for person with Alzheimer's*
- (EHP) Enriched Housing Program*
- (K) Kosher meals*
- (M) 25% of residents have mental impairment*
- (P) Proprietary: ownership for profit*
- (V) Voluntary: not-for-profit*

**STATE LICENSED FACILITIES**

**Bayview Manor (AH)(P)(M)**  
 2255 Cropsey Avenue  
 Brooklyn, NY 11214  
 (718) 266-5858  
 Fax: (718) 266-6406

**Bethany Methodist Home (AH)(V)**  
 604 East 40th Street  
 Brooklyn, NY 11203  
 (718) 462-6292  
 Fax: (718) 462-8894

**Brookdale Residence, Brookdale Hospital and Medical Center (EHP/ALP)**  
 558-578 Rockaway Parkway  
 Brooklyn, NY 11212  
 (718) 240-6225  
 Fax: (718) 345-3675

**Brooklyn Manor Home (AH)(P)(M)**  
 2830 Pitkin Avenue  
 Brooklyn, NY 11208  
 (718) 235-0900  
 Fax: (718) 235-0997

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**Cumberland Gardens (EHP)**  
425 Cumberland Street  
Brooklyn, NY 11201  
(718) 623-8181  
Fax: (718) 623-2809  
Fax: (718) 616-1841

**Garden of Eden Home (AH)(P)(M)**  
1608-1620 Stillwell Avenue  
Brooklyn, NY 11223  
(718) 236-5757  
Fax: (718) 236-1985

**Harbor View Home (AH)(P)(K)(AZ)**  
3900 Shore Parkway  
Brooklyn, NY 11235  
(718) 769-9700  
Fax: (718) 934-0680  
www.harborviewhome.com

**Mermaid Manor (AH/ALP)(P)(M)**  
3602 Mermaid Avenue  
Brooklyn, NY 11224  
(718) 266-2100  
Fax: (718) 266-2103

**New South Shore Manor (AH)**  
1041 East 83rd Street  
Brooklyn, NY 11236  
(718) 241-7035  
Fax: (718) 241-7039

**Norwegian Christian Home Health Center (AH)(V)**  
1250-1270 67th Street  
Brooklyn, NY 11219  
(718) 232-2322  
Fax: (718) 331-5111

**Oceanview Manor Home for Adults (AH)**  
3010 West 33rd Street  
Brooklyn, NY 11224  
(718) 996-1500  
Fax: (718) 946-9102

**Palm Beach Home (AH)(P)(K)**  
2900 Bragg Street  
Brooklyn, NY 11235  
(718) 891-8400  
Fax: (718) 769-1006  
www.palmbeach.com

**Park Manor Adult Home (AH)(P)(M)**  
570 Coney Island Avenue  
Brooklyn, NY 11218  
(718) 633-5300  
Fax: (718) 437-9621

**Regency of Boro Park (AH)**  
5110 19th Avenue  
Brooklyn, NY 11204  
(718) 223-1800  
Fax: (718) 223-1801

**Scharome Manor (AH)(P)(K)**  
631 Foster Avenue  
Brooklyn, NY 11230  
(718) 859-2400  
Fax: (718) 859-4412

**St. Nicholas Cathedral Home (AH)(V)**  
437 Ovington Avenue  
Brooklyn, NY 11209  
(718) 238-8141  
Fax: (718) 680-2035

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**Surf Manor Home for Adults  
(AH)**

2316 Surf Avenue  
Brooklyn, NY 11224  
(718) 996-8400  
Fax: (718) 996-8403

**Thomas Jefferson (AH/ALP)(AZ)**

650 East 104th Street  
Brooklyn, NY 11236  
(718) 649-0700  
Fax: (718) 649-4441  
www.tjhfa-alp.com

**PRIVATELY RUN  
FACILITIES**

**Castle Living at Prospect  
Park (AZ)**

1 Prospect Park West  
Brooklyn, NY 11215  
(718) 622-8400  
Fax: (718) 622-8449  
www.castleseniorliving.com

**Savoy at Brooklyn (AZ)**

385 McDonald Avenue  
Brooklyn, NY 11218  
(718) 871-8600  
Fax: (718) 871-5503  
www.savoyseior.com

**Scharf's Ateret Avot of  
Midwood (K)**

1410 East 10th Street  
Brooklyn, NY 11230  
(718) 998-5400  
Fax: (718) 645-8600  
www.ateretavot.com

**South Shore Manor**

1041 East 83rd Street  
Brooklyn, NY 11236  
(718) 241-7035  
Fax: (718) 241-7039

**Sunrise Assisted Living at  
Sheepshead Bay (AZ)**

2211 Emmons Avenue  
Brooklyn, NY 11235  
(718) 616-1850  
Fax: (718) 616-1841  
www.sunriseseniorliving.com

**Sunrise at Mill Basin**

5905 Strickland Avenue  
Brooklyn, NY 11234  
(718) 444-2600  
Fax: (718) 444-2167  
www.sunriseseniorliving.com

**C O D E S**

*(AH) Adult Home*

*(ALP) Assisted Living Program*

*(AZ) Includes a section for care  
for person with Alzheimer's*

*(EHP) Enriched Housing  
Program*

*(K) Kosher meals*

*(M) 25% of residents have mental  
impairment*

*(P) Proprietary: ownership for  
profit*

*(V) Voluntary: not-for-profit*

# “What do nursing homes offer? What should I look for when I visit?”

This booklet is designed to help caregivers get the support they need to maintain life at home as long as possible; however, sometimes the level of care required is more than the family and community can provide. A residence with around-the-clock nursing care may be needed.

These days, nursing homes will only admit people who need help with all activities of daily living; or those who have conditions that require skilled nursing care (Registered Nurse or Licensed Practical Nurse) on a daily basis. In either case, nursing homes will also provide services such as dietary, therapeutic, personal, social, and recreational services as well as meals, laundry, housekeeping, and medical services.

Finding the proper nursing home is an important decision. As with all services in this booklet, shop around, and in the case of nursing homes, have four or five options in your initial search. Arrange an appointment to visit the homes, especially during meal times to get a better sense of the food and atmosphere. Take the list below\* with you to remind you of things to look for and ask.

- Is the facility clean? Is there a permeating odor?
- Are the residents groomed and dressed?
- Are the rooms cheerful or depressing?
- Are the majority of residents out of bed?
- Do individual rooms have the resident's personal possessions?
- Are there bathrooms in the individual bedrooms?
- Does the staff seem to be caring? How do they interact with the patients, especially those with dementia?

- Are there aides in the dayrooms, or are the patients unattended?
- If you observe a meal, does the food look appetizing? Are portions reasonable?
- Are those who need assistance with eating being helped?
- Are there musical or other recreational activities going on?
- Activity schedules should be posted. Ask if you can observe a program.
- What security measures are in place? Security is especially crucial for dementia patients frequently wander.
- Is there a special unit or program for dementia patients?
- Have staff received special training to work with dementia patients?
- Does the home have volunteers assisting staff?
- How do staff members handle agitated patients?
- Is there sufficient room for pacers to walk? Enough space is critical for those who pace a great deal.
- If your relative has been accepted as medically appropriate and the facility has placed him on a waiting list, it is up to you to keep in touch with admitting staff. Call at least every ten days.

Another group with helpful advice as you search for a nursing home is Friends and Relatives of Institutionalized Aged (FRIA), 11 John Street, Suite 601, New York, NY 10038, Helpline: (212) 732-4455; Phone: (212) 732-5667; Fax: (212) 732-6945; [info@fria.org](mailto:info@fria.org); [www.fria.org](http://www.fria.org).

*\*List from "Placing Your Relative With Dementia in a Nursing Home," published by the NYC Department for the Aging and available online at [www.nyc.gov/html/dfta/pdf/placefrm.pdf](http://www.nyc.gov/html/dfta/pdf/placefrm.pdf) or free from DFTA by calling (212) 442-1000. This publication will be helpful to anyone considering nursing home care, whether or not your relative has Alzheimer's or other forms of dementia.*

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**Aishel Avraham Residential Health Facility (V) (K)**

40 Heyward Street  
Brooklyn, NY 11211  
(718) 858-6200  
Fax: (718) 858-7512

**Bishop Henry B. Hucles Episcopal Nursing Home (V)**

835 Herkimer Street  
Brooklyn, NY 11233  
(718) 221-2600  
Fax: (718) 221-2689  
[www.ehs.org/  
EHS\\_BH1.htm](http://www.ehs.org/EHS_BH1.htm)

**Bishop Mugavero Center for Geriatric Care (V)**

155 Dean Street  
Brooklyn, NY 11217  
(718) 694-6700  
Fax: (718) 694-6716

**Brooklyn-Queens Nursing Home (P)(K)**

2749 Linden Boulevard  
Brooklyn, NY 11208  
(718) 277-5100  
Fax: (718) 647-2597

**Brooklyn United Methodist Church Home (V)**

1485 Dumont Avenue  
Brooklyn, NY 11208  
(718) 827-4500  
Fax: (718) 277-1700

**C O D E S**

*(M) Municipal: government ownership*  
*(P) Proprietary: privately owned*  
*(V) Voluntary: not for profit*  
*(K) Kosher meals*

**Buena Vida Continuing Care & Rehab Center (V)**

48 Cedar Street  
Brooklyn, NY 11221  
(718) 455-6200  
Fax: (718) 573-8690

**CABS Nursing Home Company (V)**

270 Nostrand Avenue  
Brooklyn, NY 11205  
(718) 789-6262  
Fax: (718) 789-2200

**Carlton Nursing Home**

405 Carlton Avenue  
Brooklyn, NY 11238  
(718) 789-6262

**Caton Park Nursing Home (P)(K)**

1312 Caton Avenue  
Brooklyn, NY 11226  
(718) 693-7000  
Fax: (718) 693-5939  
[www.nynursinghome.com/caton/](http://www.nynursinghome.com/caton/)

**CNR Healthcare Network (V)**

520 Prospect Place  
Brooklyn, NY 11238  
(718) 636-1000  
(877) 426-7225  
Fax: (718) 857-4559  
[www.cnrhealthcare.org](http://www.cnrhealthcare.org)

**Cobble Hill Health Care Center (V)**

380 Henry Street  
Brooklyn, NY 11201  
(718) 855-6789  
Fax: (718) 522-5164  
[www.cobblehill.org](http://www.cobblehill.org)

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**Concord Nursing Home**  
300 Madison St  
Brooklyn, NY 11216-1597  
(718) 636-7500  
Fax: (718) 636-7518

**Crown Nursing & Rehab  
Center (P)**  
3457 Nostrand Avenue  
Brooklyn, NY 11229  
(718) 615-1100  
Fax: (718) 769-6901

**Ditmas Park Care Center (P)**  
2107 Ditmas Avenue  
Brooklyn, NY 11226  
(718) 462-8100  
Fax: (718) 941-6051

**Dr. Susan Smith McKinney  
Nursing & Rehabilitation  
Center (M) (K)**  
594 Albany Avenue  
Brooklyn, NY 11221  
(718) 245-7170  
Fax: (718) 245-7060

**Four Seasons Nursing Home  
(P)(K)**  
1555 Rockaway Parkway  
Brooklyn, NY 11236  
(718) 927-6300  
Fax: (718) 927-0136

**Greenpark Care Center (P)**  
140 St. Edward Street  
Brooklyn, NY 11201  
(718) 858-6400  
Fax: (718) 596-5067

**Haym Solomon Home for  
Nursing & Rehabilitation  
(P)(K)**  
2340 Cropsey Avenue  
Brooklyn, NY 11214  
(718) 373-1700  
Fax: (718) 449-9028  
rperles1851@aol.com

**Holy Family Home (V)**  
1740 84th Street  
Brooklyn, NY 11214  
(718) 232-3666  
Fax: (718) 259-9180

**Lemberg Home & Geriatric  
Institute, Inc. (V)**  
8629 Bay Parkway  
Brooklyn, NY 11214  
(718) 266-0900  
Fax: (718) 714-0482

**Lutheran Augustana Center  
for Extended Care and  
Rehabilitation (V)**  
5434 Second Avenue  
Brooklyn, NY 11220  
(718) 630-6000  
Fax: (718) 630-6002  
www.lutheranmedicalcenter.  
com

**C O D E S**

*(M) Municipal: government  
ownership*

*(P) Proprietary: privately owned*

*(V) Voluntary: not for profit*

*(K) Kosher meals*

more→

**Marcus Garvey Nursing Home (V)**

810 St. Mark's Avenue  
Brooklyn, NY 11213  
(718) 467-7300  
Fax: (718) 467-7315

**Menorah Home/Hospital (V)(K)**

871 Bushwick Avenue  
Brooklyn, NY 11221  
(718) 443-3000  
Fax: (718) 443-0654

**Menorah Home and Hospital for the Aged and Infirm (V)(K)**

1516 Oriental Boulevard  
Brooklyn, NY 11235  
(718) 646-4441  
Fax: (718) 769-4185

**MJG Nursing Home**

4915 10th Avenue  
Brooklyn, NY 11219  
(718) 851-3700  
Fax: (718) 972-6120  
www.metropolitan.org

**New York Congregational Nursing Center (V)**

135 Linden Boulevard  
Brooklyn, NY 11226  
(718) 693-6060  
Fax: (718) 693-4151

**Norwegian Christian Home & Health Center (V)**

1250 67th Street  
Brooklyn, NY 11219  
(718) 232-2322  
Fax: (718) 331-5111  
www.nchhc.org

**Oxford Nursing Home (P) (K)**

144 South Oxford Street  
Brooklyn, NY 11217  
(718) 638-0360  
Fax: (718) 857-6418

**Palm Gardens Nursing Home (P) (K)**

615 Avenue C  
Brooklyn, NY 11218  
(718) 633-3300  
Fax: (718) 633-2261

**Palm Tree Center for Nursing & Rehabilitation (P) (K)**

5606 15th Avenue  
Brooklyn, NY 11219  
(718) 851-1000  
Fax: (718) 972-6427

**Prospect Park Care Center (V) (K)**

1455 Coney Island Avenue  
Brooklyn, NY 11230  
(718) 252-9800  
Fax: (718) 951-6742

**River Manor Care Center (P) (K)**

630 East 104th Street  
Brooklyn, NY 11236  
(718) 240-3100  
Fax: (718) 927-3198

**Ruby Weston Manor (V)**

2237 Linden Boulevard  
Brooklyn, NY 11207  
(718) 649-7000  
Fax: (718) 272-0821

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**Rutland Nursing Home (V) (K)**  
585 Schenectady Avenue  
Brooklyn, NY 11203  
(718) 604-5000  
Fax: (718) 604-5604

**SS Joachim & Anne  
Residence (V)**  
2720 Surf Avenue  
Brooklyn, NY 11224  
(718) 714-4800  
Fax: (718) 714-0874

**Schulman & Schachne  
Institute for Nursing and  
Rehab (V) (K)**  
555 Rockaway Parkway  
Brooklyn, NY 11212  
(718) 240-5101  
Fax: (718) 240-6975

**Sea Crest Health Care  
Center (P) (K)**  
3035 West 24th Street  
Brooklyn, NY 11224  
(718) 372-4500  
Fax: (718) 372-0147

**Sephardic Skilled Nursing &  
Rehab Center (V) (K)**  
2266 Cropsy Avenue  
Brooklyn, NY 11214  
(718) 266-6100  
Fax: (718) 373-2825

**Sheepshead Nursing & Rehab  
Center (P) (K)**  
2840 Knapp Street  
Brooklyn, NY 11235  
(718) 646-5700  
Fax: (718) 891-4359

**Shore View Nursing Home (P)**  
2865 Brighton 3rd Street  
Brooklyn, NY 11235  
(718) 891-4400  
Fax: (718) 891-1317

**Shorefront Jewish Geriatric  
Center (V) (K)**  
3015 West 29th Street  
Brooklyn, NY 11224  
(718) 266-5700  
www.metropolitan.org

**Victory Memorial Hospital  
Skilled Nursing Facility (V)**  
699 92nd Street  
Brooklyn, NY 11228  
(718) 567-1820  
Fax: (718) 567-1833  
www.vmhny.org

**Wartburg Lutheran Home for  
the Aging (V)**  
50 Sheffield Avenue  
Brooklyn, NY 11207  
(718) 345-2273  
Fax: (718) 485-9236  
www.wartburg.org

**Willoughby Rehabilitation and  
Health Care Center (P)**  
949 Willoughby Avenue  
Brooklyn, NY 11221  
(718) 443-1600  
Fax: (718) 453-9123

**C O D E S**

*(M) Municipal: government  
ownership*

*(P) Proprietary: privately owned*

*(V) Voluntary: not for profit*

*(K) Kosher meals*

# “My uncle’s illness is at the last stages. How can I take care of him?”

Hospice care can play a vital role when a loved one’s illness no longer responds to life-prolonging treatment, such as chemotherapy or dialysis. Continuing treatment may prolong a patient’s life; however, it can also increase suffering and discomfort. It can be useful for a caregiver to be aware of a patient’s medical needs and options during this stage of the patient’s illness.

The goal of hospice care is to keep the patient as comfortable as possible while offering the best *palliative care*. \*From coordinating a patient’s treatment to providing caregivers with respite resources, hospice touches all parts of a patient’s life. Hospice can assist a family in coping with their impending loss and will continue to support them through their grief after the death of their loved one.

The challenge begins when a seriously ill patient and their families realize that the patient is no longer getting better nor benefiting from treatments. This is the time when hospice care can be considered. Hospice offers 24-hour access to a healthcare professional over the telephone. It can be offered at home, in a skilled nursing facility, or at an inpatient hospice unit.

Hospice services are provided by Medicaid, Medicare, and many private insurers. If you are unsure if your loved one qualifies for hospice, speak to his/her health care professional. To determine if the patient’s insurance covers hospice, you can call the insurance company directly. If insurance does not cover hospice, ask the hospice staff about

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\**Palliative care—focuses on the comprehensive management of the physical, psychological, social and spiritual needs of patients with all types of progressive, incurable illnesses and their families.*

other potential sources of financial assistance.

Below is a list of hospice facilities in Brooklyn and Manhattan as well as national organizations that provide information and education.

## **BROOKLYN AND MANHATTAN**

### **Cabrini Hospice and Medical Center**

227 East 19<sup>th</sup> Street  
New York, NY 10003  
(212) 995-7474

### **Calvary Hospital/Hospice/ Home Care**

1740 Eastchester Road  
Bronx, NY 10461  
(718) 279-2525  
(877) 4-CALVARY

### **Caring Hospice Services LLC**

3071 Avenue U  
Brooklyn, NY 11229  
(718) 743-4600

### **CNR Healthcare Network (V)**

520 Prospect Place  
Brooklyn, NY 11238  
(718) 636-1000  
(877) 426-7225  
Fax: (718) 857-4559  
[www.cnrhealthcare.org](http://www.cnrhealthcare.org)

### **Jacob Perlow Hospice, Beth Israel Medical Center**

16th Street & 1st Avenue  
New York, NY 10003  
(212) 420-2844

### **Metropolitan Hospice of Greater New York**

6323 7th Avenue  
Brooklyn, NY 11220  
(718) 921-7900

### **Visiting Nurse Service of NY (VNSNY) Hospice Care**

1250 Broadway  
New York, NY 10001  
(212) 290-3888

## **NATIONAL HOSPICE ORGANIZATIONS**

### **Hospice Education Institute**

190 Westbrook Road  
Essex, CT 06426  
(800) 331-1620  
[www.hospiceworld.org](http://www.hospiceworld.org)

### **Hospice Foundation of America**

2001 S Street, NW #300  
Washington, DC 20009  
(800) 854-3402  
[www.hospicefoundation.org](http://www.hospicefoundation.org)

### **National Hospice and Palliative Care Organization**

1700 Diagonal Road,  
# 300  
Alexandria, VA 22314  
(800) 658-8898  
[www.nhpco.org](http://www.nhpco.org)

# “I’m so upset. How can I manage to arrange a funeral?”

The sudden or the unexpected death of a loved one can be very devastating to you and your family. Unfortunately, within a few hours after your loved one has passed away, you will be asked to make a very important decision regarding funeral arrangements. Arranging a funeral can be an extremely difficult task to handle. You will have to take into consideration the type of burial for your loved one, whether it be an earth burial (internment) or cremation. You will have to choose the merchandise and services for the body, such as the type of material used for the casket as well as the preparations for the body. But most importantly, you will have to find a funeral home that meets your loved one’s and your own expectations. With so much to consider, planning a funeral can be quite overwhelming to many people, especially during such an emotional period. To avoid making the wrong decisions, it would be best to pre-plan or pre-arrange a funeral.

In pre-planning a funeral, you will have the option of either paying for the funeral services in advance or paying for the services after they are completed. Depending on the funeral home, you may be allowed to set aside a trust for your loved one, or you may want to have a bank account or a trustee’s fund that states specifically what the money would be used for. This type of arrangement not only gives you a general idea of the services and the expected cost for the funeral, but it gives your loved one an opportunity to select the services he/she would prefer.

If there are no prior arrangements for a funeral, the time for comparing and finding the most suitable funeral home is limited – therefore, it would be best to ask the care facilities or your friends for recommendations. After you

*more→*

have chosen the funeral home, you should keep in mind that you and your family should be making the decisions for your loved one, not the funeral director or staff. They are there to assist you with paperwork, provide accurate information, and to help you carry out the services that are selected. This applies to pre-arranged funerals as well.

Every funeral home should provide customers with a general price list for their services and merchandise. The cost of any funeral depends on the services and merchandise selected as well as the funeral home; therefore, there is no fixed amount. However, from the study done by University of Kansas Medical Center, the typical final cost for a funeral and a burial can range from \$3,000-\$6,000. Cremation is less expensive than burials. Some might want to contact a medical school regarding body donation.

Here are some suggestions\* to help you make the best choice:

- Shop around. Many funeral homes are owned by the large companies. Check out prices at more than one location.
- Take along a friend, someone who may be less involved in the arrangements and more able to ask questions.
- Coffins are the most expensive item. You can purchase the coffin separately, and the funeral home is required to allow you to bring it in.
- Cremation is cheaper, but not if you are pressed to buy an expensive coffin. Price the coffin and container carefully.
- Make certain if you pre-pay that funds are held in an escrow account specifically for the funeral.
- Many consumers get help from local memorial societies.

These are nonprofit organizations whose volunteers can help you

*more*→

find reputable funeral directors in your area. Look for a society near you on the internet or in the telephone directory.

- Many Fraternal organizations provide funerals for their members. If you loved one belonged to an organization, such as Knights of Pithius or Knights of Columbus, see if they offer such services.

SEE ALSO:

**New York State Department of Health**

[www.health.state.ny.us/nysdoh/consumer/patient/funeral.htm](http://www.health.state.ny.us/nysdoh/consumer/patient/funeral.htm)

*Includes an excellent list of answers to frequently asked questions.*

**Better Business Bureau**

[www.newyork.bbb.org/library/publications/subrep43.html](http://www.newyork.bbb.org/library/publications/subrep43.html)

*A helpful list of federal, state, and city requirements.*

For Veterans (also see page 26):

**Cypress Hills National Cemetery**

625 Jamaica Avenue

Brooklyn, NY 11208

(631) 454-4949

Fax: (631) 777-7017

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\* *Most suggestions from "Fighting the Hard Sell: A Guide to Keeping Funeral Costs Down," by Tom Robbins, New York Daily News, November 1998.*

# “Is anyone working to improve services for seniors?”

The simple answer is “YES!” Every agency working with older persons is committed to improving services, but some organizations were founded specifically to provide nonpartisan information, to advocate on specific issues, and to lobby for better funding and improvements in services. Some of the organizations listed below have offices and large staffs; some are all volunteer; most can use your help in their efforts.

**American Association of Retired Persons (AARP)**  
New York State Office  
780 Third Avenue, 33rd Fl.  
New York, NY 10017  
(212) 758-1411  
Fax: (212) 644-6390  
TTY: 212-644-3486  
[www.aarp.org](http://www.aarp.org)

*There are many chapters in Brooklyn; use the website or call the office for a chapter near you.*

**AARP-55 Alive**  
**Driver Safety classes**  
(888) AARP-NOW  
(888-227-669)  
or [www.aarp.org](http://www.aarp.org)

**Brooklyn-Wide Interagency Council of the Aging**  
5901 13th Avenue  
Brooklyn, NY 11219  
(718) 686-1333  
Fax: (718) 686-1336  
[bwica@aol.com](mailto:bwica@aol.com)  
*(Ask for the phone number for your neighborhood council.)*

**Friends and Relatives of Institutionalized Aged**  
11 John St., Suite 601  
New York, NY 10038  
(212) 732-4455  
Fax: (212) 732-6945  
[www.fria.org](http://www.fria.org)

**Gray Panthers**  
165 West 86th Street  
New York, NY 10024  
212-799-7572

**Griot Circle**  
**(Gay Reunion In Our Time)**  
30 Third Avenue, Room 202  
Brooklyn, NY 11217  
(718) 246-2775  
Fax: (718) 246-2572  
[www.griotcircle.org](http://www.griotcircle.org)

**Medicare Rights Center**  
1460 Broadway, 11th Floor  
New York, NY 10036  
(212) 869-3850  
Fax: (212) 869-3532  
[www.medicarerights.org](http://www.medicarerights.org)

*more→*

**NYC Long-Term Care Ombudsman Program**

11 Park Place, Suite 1111  
New York, NY 10007-2801  
(212) 962-2720  
Fax: (212) 962-2723

*Advocates for residents of nursing homes, board and care homes, and assisted living.*

**Nursing Home Community Coalition of New York State**

11 John Street, Suite 601  
New York, NY 10038-4070  
(212) 385-0355  
Fax: (212) 732-6945  
[www.nhccnys.org](http://www.nhccnys.org)

**Public Advocate for the City of New York**

1 Centre Street  
New York, NY 10007  
Senior Action Line:  
(212) 669-7670  
Fax: (212) 669-4701  
[www.pubadvocate.nyc.gov/html/senior\\_guide/](http://www.pubadvocate.nyc.gov/html/senior_guide/)

**Senior Action in a Gay Environment (SAGE)**

305 7th Avenue  
New York, NY 10001  
(212) 741-2247  
Fax: (212) 366-1947  
[www.sageusa.org](http://www.sageusa.org)  
[sageusa@aol.com](mailto:sageusa@aol.com)

**ELDER-ABUSE HELP**

**Elderly Crime Victim Resource Center, NYC Department for the Aging**  
2 Lafayette Street, 4th Floor, Room 402  
New York, NY 10007  
(212) 442-3103

**Human Resources Administration (HRA), Protective Services for Adults**  
103 Clinton Street  
Brooklyn, NY 11201  
(718) 722-4811

**Interfaith Medical Center Mobile Crisis Unit**  
555 Prospect Place  
Brooklyn, NY 11238  
(718) 935-7284

**JASA**  
132 West 31st Street  
New York, NY 10001  
(212) 273-5272  
[www.jasa.org](http://www.jasa.org)

**Victim Services Agency Safe Horizon**  
2 Lafayette Street, 3rd Floor  
New York, NY 10007  
(212) 577-7777 (24 hours)  
[www.safehorizon.com](http://www.safehorizon.com)

**Walk the Walk, Service for Power & Protect the Seniors**  
2509 38th Avenue  
Long Island City, NY 11101  
(718) 433-0800

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# Caregiver Reference Sheet

Have this information about the person you care for handy when you call for services:

Legal Name: \_\_\_\_\_

Address: \_\_\_\_\_

Birth Date: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Medicare Number: \_\_\_\_\_ Medicaid Number: \_\_\_\_\_

Insurance Name: \_\_\_\_\_ ID number: \_\_\_\_\_

Insurance Agent: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency/Ambulance Number: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Pharmacy: \_\_\_\_\_ Phone: \_\_\_\_\_

Blood Type: \_\_\_\_\_ Medications (Name and Dosage):  
\_\_\_\_\_  
\_\_\_\_\_

Food Allergies: \_\_\_\_\_

Drug Allergies: \_\_\_\_\_

Style & Serial Number of Medical Devices: \_\_\_\_\_

DNR (Do Not Resuscitate) Form:  No, I Do Not Have  Yes, I Have

Form Location: \_\_\_\_\_

Health Care Proxy On File At: \_\_\_\_\_

Emergency Contact (s):

Name \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Contact: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Special Notes:



## W H O W E A R E

**Park Slope Geriatric Day Center** was established in 1983 as a freestanding, nonprofit, community-based agency to provide services to older adults who have "aged out" of traditional senior centers but want to stay active in their community. PSGDC is a recognized leader in the field. Today our services include social day programming at two facilities, a hot meal program, handicapped accessible transportation, and case management. The Family Resource and Adult Day Services Center opened in 1999 and was designed and built specifically for Alzheimer's and dementia programs.

**Brooklyn Caregivers Resource Committee (BCRC)** was initiated by Park Slope Geriatric Day Center (PSGDC) in the fall of 2001. BCRC is composed of elder service providers who are committed to a collaborative approach to meeting the needs of caregivers. Through monthly meetings we created this Guide to help caregivers in Brooklyn find support and services as quickly as possible.

The **New York City Department for the Aging's** Mission Statement is "To work for the empowerment, independence, dignity and quality of life of New York City's diverse older adults and for the support of their families through advocacy, education and the coordination and delivery of services." Older people and caregivers can find help from DFTA for everything from housing issues to raising grandchildren to caring for someone with Alzheimer's Disease to learning about volunteer and job opportunities.

# Evaluation Form

Please let us know what you think about this Guide and how we can improve it. You may also fill this out online at [www.psgdc.org/guide.htm](http://www.psgdc.org/guide.htm).

Where did you get a copy of this Guide? (*Check one*)

In the Mail  Senior Center  Pharmacy

Doctor's Office  Church  Library

Other \_\_\_\_\_

Has this Guide been helpful?

Very  Somewhat  Not At All

What sections were most useful? (*Please note page numbers or write the topic in.*)

What is missing that you feel you need help with?

Did you look at the website version?  Yes  No

Was it useful?  Very  Somewhat  Not At All

Other Comments:

*Please return this page in the envelope in this booklet or to:  
Resource Guide, Park Slope Geriatric Day Center, 199 14th  
Street, Brooklyn, NY 11215, or fax to (718) 768-2119.*

## ARE YOU A CAREGIVER?

**IF** you help an older person do any of the following:

- Go to medical appointments.
- Communicate with health care professionals.
- Pick up medication from the pharmacy.
- Contact community service organizations such as the Area Agency on Aging, Meals on Wheels, or the Alzheimer's Association.
- Arrange for home health care or hospice services.
- Pay bills and handle their finances.
- Go grocery shopping or make meals.
- Go to church or community meetings and events.
- Clean his/her home or arrange for housecleaning.
- Do home repairs or arrange for someone else to do so.
- Do laundry or yard work or hire someone else to do so.
- Do other common daily tasks.
- Call to check up once, twice, three times a day.
- Try to do any of the above from a distance.

**YOU ARE A CAREGIVER**  
and this resource guide is for you!

Please see our website for updates to this Guide and links to other helpful resources: [www.psgdc.org/guide.htm](http://www.psgdc.org/guide.htm)

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